



# Quiet London

Siobhan Wall



# Quiet London

Siobhan Wall





# Quiet London

Siobhan Wall



FRANCES LINCOLN LIMITED  
PUBLISHERS

# Contents

Introduction

Museums

Libraries

Parks, gardens and nature reserves

Places to relax and retreat centres

Places of worship

Small shops

Restaurants and cafes

Bookshops

Places to have afternoon tea

Galleries

Pubs and wine bars

Hotels and places to stay

Copyright







# Introduction

I can't remember the moment I decided to write a book about quiet places in London. Perhaps it was one particularly noisy afternoon in the university building I was teaching in, unfortunately located in the middle of a roundabout, on probably the only campus in Europe without a single blade of grass. Like many Londoners, I also lived on a main road and so took any opportunity I could to seek out quiet places to swim, go for a walk or read. Unhappy with the fact that it was often hard to hear conversations in cafes and pubs, I started to look for places which didn't play background music. After a while, friends who knew of my passion for quietness started to ask me where to go if they, too, wanted a calmer evening talking rather than shouting to be heard over loud dance tracks. I realised that there were many guides to well-known places, but nothing about where to find gentle, serene locations in an increasingly overcrowded, noisy city.

Inspired by the French situationist Guy Debord and his followers, I started to *derivé*, or wander though the city. Both time and space seemed suspended as I lingered in libraries and ate home-made picnics in parks. I found many London gardens unexpectedly beautiful, and was quietly excited by the new architectural spaces emerging in previously

neglected places like Borough and Hackney. I started to photograph places I thought people would be happy going to on their own or with a friend, places that were welcoming rather than intimidating. Returning to the capital after a few years working abroad, London seemed to be a much more stressful city than ten years ago. I often got up early to take photographs in cafes before they opened, and travelling during the rush hour was a salutary reminder of how incredibly overcrowded public transport can be. Although most people are very forbearing, it's obvious that anxiety levels are raised as we struggle to squeeze into the next over-full train carriage or wait for congested platforms to be cleared. The frequent sound of emergency sirens means it is rarely peaceful on the street, and having to stand in queues makes it feel as if there is no respite from the incessant strain of living and working in a huge metropolis. This isn't surprising. One of the main reasons that London feels so crowded is the fact that there are more people living in the British capital than any other European city, with over 7.5 million recorded in 2005, and the numbers are growing every year.<sup>1</sup> This seemed the perfect moment to let other people know about where to escape from this very noisy, crowded city.



So, where are the quietest places in London? It was a real surprise to discover how many attractive green spaces there are, especially in the centre. I sought out the most picturesque, most intriguing, tranquil locations in zones one and two, mainly because these are the noisiest boroughs. I gradually became aware that I wasn't the only person who appreciated sitting in restaurants that didn't play background music – other people I met in gardens and cafes also enjoyed being able to talk quietly rather than shout, and loved walking in peaceful nature reserves. I decided not to include green spaces such as Berkeley Square or Bloomsbury's Queen Mary Garden, despite the fact that on sunny days, there were always a few people quietly reading on park benches. These gardens can easily be found on maps and are familiar enough to be appreciated by the people who live or work in the vicinity. Instead I chose places that were unknown, yet delightful – I sought out galleries I'd always thought might show intriguing work, but had never visited, and I wandered down small streets with inviting shops, quickly leaving if they played music and lingering for a while if they didn't. I found this was the best way to discover many places – just to walk around.





Getting the balance right between being a popular location but not being overwhelmed with visitors, is not easy. A few years ago, the Sir John Soane's Museum would have been eligible for inclusion in *Quiet London*, but recently visitor numbers have risen with long queues forming at weekends and for their monthly candlelit evenings. Not very relaxing for busy Londoners or curious travellers.

Everyone I spoke to in the locations I visited shared my appreciation of quiet places – it was like belonging to a secret club where the only rules

were that if you wanted to, you could share your delight about a tranquil place with someone else in the idyllic spot you'd both discovered. Wherever I went, strangers would tell me about yet another quiet garden, nature reserve, museum or cafe that was special to them, spreading a gentle enthusiasm about somewhere rather hidden, but which they still wanted other people to enjoy. I couldn't include them all in the book and some places just didn't fit into the categories agreed upon for London; for example, friends told me how peaceful it was when they climbed down the steps leading to the Thames at low tide and wandered along the slick expanses of mud looking for clay pipes and other Victorian artefacts. As this book includes the category 'Places to Have Afternoon Tea' and not 'Places by Water', a beach of oozing grey slime didn't seem quite the right place to bring a bone china tea cup and a pot of Darjeeling. I still hope to meander like a grown-up mudlark by the river's edge one day.

I also realise that introducing readers to quiet places seems like a very benign activity, but this guide also has radical intent. Celebrating quiet parks, small museums, galleries, boutiques and cafes is a direct challenge to the inexorable growth of large corporate chains where the same shops selling the same items appear in shiny new shopping malls in virtually identical high streets. Talking to the owners of places such as small organic food shops was heartening for both of us, because they knew that their particular ethos and philosophy was being appreciated. They liked the fact that someone had acknowledged their decision not to play music, that their shop was intimate, rather than an insistent, loud, aggressively commercial place to buy groceries. Perhaps one day the radical, transformative effect I hope for – that shops and cafes gradually decide to turn off their radios and iPods and encourage quietness instead – will take place.

It was also encouraging to see that many of the locations I visited offered more than one way to relax or enable people to find some respite from their busy lives. The Bishopsgate Institute near Liverpool Street organises yoga and Pilates classes as well as having a fascinating library, for example, and the Gillespie Park Ecology Centre runs Tai Ji Quan sessions on Wednesday evenings. This almost became the book about 'the best places to find many recuperative activities in one location'

...

So, when you have had enough of pushing through crowds, are tired of straining to see an exhibit in a busy museum, long to sip a cup of tea in a walled garden, or just want to wander through a buttercup filled meadow, *Quiet London* will tell you where to go and how to get there.

The following websites might also be inspiring:

[www.londongardenstrust.org](http://www.londongardenstrust.org)



[www.wildlondon.org.uk](http://www.wildlondon.org.uk)  
<http://slowdownlondon.co.uk>  
[www.walklondon.org.uk](http://www.walklondon.org.uk)  
[www.pipedown.info](http://www.pipedown.info)  
[www.london-city-churches.org.uk](http://www.london-city-churches.org.uk)  
[www.slowfood.org.uk](http://www.slowfood.org.uk)  
[www.capitalgrowth.org](http://www.capitalgrowth.org)  
[www.ukna.org.uk](http://www.ukna.org.uk)





# Museums

## Leighton House Museum

12 Holland Park Road, W14 8LZ ☎ 020 7602 3316  
£ [www.rbkc.gov.uk/Leightonhousemuseum](http://www.rbkc.gov.uk/Leightonhousemuseum)

**Open** Wednesday–Monday 10am–5.30pm, closed Christmas Day, Boxing Day and New Year's Day. Free guided tours on Wednesday 3pm  
**Tube** Holland Park **Bus** C1, 2 to 8, 9, 10, 28, 31, 49, 94, 148 There is no wheelchair access

This museum is quite extraordinary and yet rarely seen by either visitors to the capital or Londoners. Leighton House as the home of Frederic, Lord Leighton (1830–96) and is a remarkable 19th-century building which was primarily designed to show off his collection of over 1,000 Syrian Iznik tiles. The spectacular Arab Hall was based on a banqueting room at the Moorish palace of La Zisa in Palermo, Sicily and mustn't be missed. In addition to the display of extraordinary Middle Eastern ceramics are paintings by Lord Leighton and his friends in other fascinating rooms as well as a beautiful garden.



## Carlyle's House

24 Cheyne Row, Chelsea, SW3 5HL ☎ 020 7352 7087  
£ [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**Open** every day 11am–4.30pm **Tube** Sloane Square or South Kensington **Bus** 11, 19, 22, 49, 319

Limited wheelchair access, garden partially accessible

Renowned Victorian writer Thomas Carlyle lived here from 1851 to 1881

with his wife Jane, who was not only a prolific letter writer herself, but also encouraged her illustrious, rather shy husband. Built in 1708, this is a beautiful house to wander around, with the added attraction of discovering the lives of two 19th-century literary celebrities.





## Kelmscott House Museum

26 Upper Mall, Hammersmith, W6 9TA ☎ 020 8741 3735  
**Free** [www.williammorrisociety.org](http://www.williammorrisociety.org) **Open** Thursday, Saturday 2pm–5pm,  
 or by prior arrangement **Tube** Ravenscourt Park **Bus** 27, 33, 66, H91,  
 190, 209, 267, 283, 391, 485

There is wheelchair access to the ground floor

Although this small Museum only takes up two floors of this beautiful



house, it is worth a visit to see William Morris's original printing press and his watercolour sketches for wallpaper and other interior designs. There is also a pretty garden to the rear of the house but the main reason for visiting is the opportunity to learn about the life of one of Britain's most industrious Arts and Crafts pioneers.



## Doctor Johnson's House

17 Gough Square, EC4A 3DE ☎ 020 7353 3745

£ [www.drjohnsonshouse.org](http://www.drjohnsonshouse.org)

**Open** Monday–Saturday 11am–5pm, May–September 11am–5.30pm

**Tube** Temple, Holborn or Chancery Lane **Bus** 4, 11, 15, 23, 26, 76, 172

The building is not wheelchair accessible due to the narrow staircase

There aren't many residential 18th-century houses still standing in the City of London, but fortunately Dr Johnson's House is one of the few to survive. Built in 1700, this is where Samuel Johnson lived from 1748 to 1759, and where he wrote the first comprehensive English Dictionary (the museum holds two copies of the first edition). It's easy to imagine being back in the 18th century when walking up the wooden staircase and around the panelled rooms.



## The Foundling Museum

40 Brunswick Square, Bloomsbury, WC1N 1AZ ☎ 020 7841 3600  
£ [www.foundlingmuseum.org.uk](http://www.foundlingmuseum.org.uk)

**Open** Tuesday–Saturday 10am–5pm, Sunday 11am–5pm

**Tube** Russell Square or King's Cross St Pancras **Bus** 7, 59, 68, X68, 91, 168, 188

The building has a lift and is accessible for wheelchair users

The best way to learn about this former orphanage and its munificent founder, Captain Thomas Coram, is to book a tour with one of the museum's experienced guides. You'll be taken round the grand Picture Gallery, the historic Court Room and learn about the lives of the children who used to live here. For many, it's a surprise to discover that the composer Handel was involved with the Foundling Hospital and that performances of *The Messiah* were given to raise funds. Guided tours last between 45 minutes to 1 hour and afterwards visitors are able to wander round the museum. The museum also organises fascinating temporary exhibitions, showing work by renowned artists such as Paula Rego and Tracey Emin. There is also a very nice cafe serving afternoon teas but they often play CDs of music by Handel.



## Fenton House

Hampstead Grove, Hampstead, NW3 6SP ☎ 01494 755563 for information or 020 7435 3471 for the office

£ [www.nationaltrust.org.uk/fenton-house](http://www.nationaltrust.org.uk/fenton-house)

**Open** 1 March–2 November Wednesday–Sunday 11am–5pm, 29 November–21 December weekends only 11am–4pm

**Tube** Hampstead **Bus** 46, 210, 268, 603

The garden is partially accessible but the museum interior has many stairs and no lift

This National Trust property used to be a wealthy 17th-century merchant's house and has since been owned by several different families. It was donated to the National Trust by Lady Katherine Binning in the 1930s and it has barely changed during its 300 years of continuous occupation. The beautiful walled kitchen garden has some pretty fruit trees and is an entrancing green space in the middle of this built-up area. One of the best times to visit is in spring when the orchard is full of purple snake's head fritillaries. The museum is renowned for its exquisite collections of Oriental, English and European porcelain, Georgian furniture and delightful 17th-century needlework. It's also worth seeing the Benton Fletcher collection of early keyboard instruments, including beautifully inlaid marquetry harpsichords.





### **The Estorick Collection of Modern Italian Art**

39a Canonbury Square, N1 2AN ☎ 020 7704 9522

£ [www.estorickcollection.com](http://www.estorickcollection.com)

**Open** Wednesday–Saturday 11am–6pm, Thursday 11am–8pm, Sunday 12pm–5pm

**Tube** Highbury & Islington **Bus** U4, 19, 30, 43, 271, 277, 393

The building is accessible for wheelchair users

With its excellent collection of Futurist paintings, this is a very civilised place to learn about Italian art from the first half of the 20th century. Their temporary exhibitions are also inspiring – ranging from exhibitions of Modernist ceramics to the history of movement in the visual arts. Behind the 18th-century building is a small landscaped garden and cafe, where visitors can order lunch and enjoy freshly brewed Italian coffee.



## **The Garden Museum**

Lambeth Palace Road, London, SE1 7LB

 020 7401 8865 £ (but free for children under 16, full time students)

and carers of disabled people) [www.gardenmuseum.org.uk](http://www.gardenmuseum.org.uk)

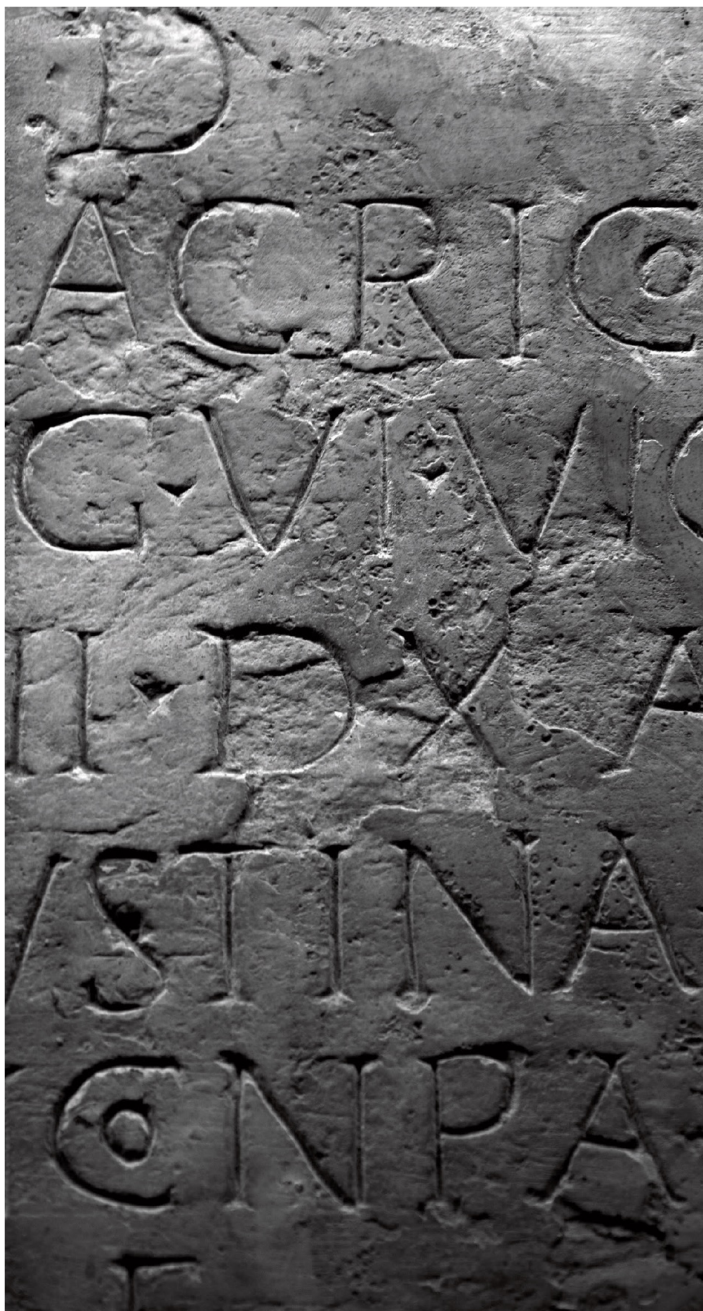
**Open** Sunday–Friday 10.30am–5pm, Saturday 10.30am–4pm, closed first Monday of every month and for occasional events

**Tube** Vauxhall, Lambeth North, Westminster or Waterloo **Bus** 3, C10, 77, 344, 507

Fully accessible for wheelchair users

With a collection of over 9,000 items, from Edwardian garden tools to delightful sepia photographs of vegetable patches, this museum was recently converted from a former church and is located near to the Archbishop of Canterbury's residence, Lambeth Palace. This is the ideal place to find out about formal and domestic gardens, and that very British institution; the allotment. In April an old-fashioned auricula theatre opens, showing a formal display of these unusual flowers. The museum also has a nice vegetarian cafe serving delicious salads, home-made soups and spiced banana and pineapple cake. Diners can also sit outside in warm weather to enjoy views of the 17th-century inspired knot garden.





## The Crypt Museum

All Hallows by the Tower, Byward Street, EC3R 5BJ ☎ 020 7481 2928  
Free [www.ahbtt.org.uk/visiting/crypt-museum](http://www.ahbtt.org.uk/visiting/crypt-museum)



**Open** Monday–Friday 8am–6pm, Saturday, Sunday 10am–5pm

**Tube** Tower Hill **Bus** 15, 25, 78, 100

There is no wheelchair access to the crypt but the church and brass memorials are accessible

This tiny museum lies underneath one of London's original Saxon churches. In the crypt is a Roman tessellated floor from a house built in the late 2nd century. The museum also holds registers dating back to the 16th century. The highlight, however, is the intricate brasses inlaid in the stone floor of the church, near the altar.



## Ragged School Museum

46–50 Copperfield Road, Mile End, E3 4RR ☎ 020 8980 6405

**Free** [www.raggedschoolmuseum.org.uk](http://www.raggedschoolmuseum.org.uk)

**Open** School parties visit from Monday to Friday but other visitors are welcome Wednesday, Thursday 10am–5pm, first Sunday of the month 2pm–5pm

**Tube** Limehouse DLR **Bus** D6, D7, 25, 277, 309, 323, 339

Limited wheelchair access

One of Dr Thomas Barnardo's philanthropic gestures was to offer an education to impoverished children in the East End of London and this small museum is housed in the largest of his 'ragged schools', a former warehouse on the canal. The upstairs room is laid out as a classroom with wooden desks, an old fashioned blackboard and even a dunce's cap. Call in advance if you want to avoid school parties, unless you appreciate seeing lively children dressed in cloth caps and frilled linen aprons. There is a small cafe serving snack bars and tea in the basement, which also offers tranquil views of the waterway.



## Dennis Severs House

18 Folgate Street, Spitalfields, E1 6BX ☎ 020 7247 4013  
£ [www.dennissevershouse.co.uk](http://www.dennissevershouse.co.uk)

**Open** Monday, Wednesday 6pm–9pm for silent night tours, Sunday 12pm–4pm and select Mondays 12pm–2pm for afternoon tours **Tube** Liverpool Street **Bus** 8, 26, 35, 42, 47, 48, 67, 78, 135, 149, 242, 344, 388

There is no wheelchair access to the upper rooms, as this house has no lift

This is an astonishing 18th-century house, and walking round is like being inside a three-dimensional still life painting from two hundred years ago. Instead of objects carefully placed in glass cases, here the rooms appear to have been left just as they were in the 18th and 19th centuries. Visitors are invited to relish the atmosphere of an unruly game of cards in the parlour while the bedrooms have still rumpled linen sheets in the slowly disintegrating four-poster beds. Forget you are in 21st-century London and prepare to be astounded, and maybe slightly disturbed, by the late Dennis Severs' extraordinary former home.



## Benjamin Franklin House

36 Craven Street, WC2N 5NF ☎ 020 7839 2006

£ (but free for children under 16) [www.benjaminfranklinhouse.org](http://www.benjaminfranklinhouse.org)

**Open** Monday for small group tours, or book an 'historical experience'  
Wednesday–Sunday from 12pm

**Tube** Charing Cross or Embankment **Bus** 3, 6, 9, 11, 12, 13, 15, 23, 24,  
29, 87, 88, 91, 139, 159, 388, 453

The building does not have a lift, only 18th-century stairs, so wheelchair access is very limited

The style of the unadorned interior of this house could almost be described as 18th-century minimalism, as most of Benjamin Franklin's furniture and belongings didn't survive and the curators have conserved rather than restored the building to its original state. The house comes to life, however, through the narratives told during organised tours, making it easy to imagine what it must have been like living here 300 years ago. Franklin was not only the unofficial United States Ambassador to Britain, he was also a prodigious inventor and the house has a few replicas of his contraptions, including a pair of bifocal spectacles and his water armonica.





# Libraries

## National Art Library

V&A Museum, South Kensington, Cromwell Road, SW7 2RL

 020 7942 2400

**Free** membership [www.vam.ac.uk/nal](http://www.vam.ac.uk/nal)

**Open** Tuesday–Saturday 10am–5.30pm, Friday 10am–6.30pm

**Tube** South Kensington **Bus** C1, 14, 74, 414

Although there are specially adapted toilets for people with disabilities on all floors, access to parts of the V&A Museum is variable. Telephone or e-mail the National Art Library in advance if you need assistance:

[nal.enquiries@vam.ac.uk](mailto:nal.enquiries@vam.ac.uk)

The National Art Library is located inside the huge Victoria & Albert Museum and is a very quiet place to carry out research away from the crowds in the main galleries. This major public reference library often holds publications unavailable elsewhere and is used mainly by design students and art history researchers. It has a particularly strong emphasis on documentary material about the fine and decorative arts from different ages, not just in Britain, but throughout the world. The National Art Library is also the curatorial department for the ‘art, craft and

design of the book', so this is an excellent place to find out more about handmade and specialist publications, from leather bound tomes to innovative artworks which often resemble sculptures rather than traditional books.



## The Saison Poetry Library

South Bank Centre, Level 5, London SE1 8XX ☎ 020 7921 0943 / 0664

**Free** membership [www.poetrylibrary.org.uk](http://www.poetrylibrary.org.uk) or

[www.southbankcentre.co.uk/membership](http://www.southbankcentre.co.uk/membership)

**Open** Tuesday–Sunday 11am–8pm

**Tube** Waterloo or Embankment **Bus** 59, 139, 176

Fully accessible for wheelchair users and shortlisted for an RNIB award for their service to visually impaired users

This rather hidden library inside the Royal Festival Hall complex offers quiet respite from the bustle of the South Bank Centre and the terraces overlooking the Thames. Recently renamed the Saison Poetry Library, it never seems crowded and the staff is helpful in answering queries and locating items from the shelves. You'll find the most comprehensive collections of poetry written after 1912 in Britain and there is even an exhibition space for poetry related artwork. This is a good place to write as well as read contemporary verse and if you need physical as well as intellectual nourishment, the Royal Festival Hall Members Bar nearby is an ideal quiet place to have a cup of tea.



## **Stuart Hall Library at INIVA (International Institute for the Visual Arts)**

Rivington Place, Shoreditch, EC2A 3BA ☎ 020 7749 1255  
**Free** [www.iniva.org](http://www.iniva.org)

**Open** Tuesday–Friday 10am–1pm and 2pm–5pm **Tube** Liverpool Street or Old Street **Bus** 43, 48, 55, 205, 241, 271

The building is wheelchair accessible and there is a specially adapted toilet on the ground floor

This modern library focuses on the work of international artists; in particular, Black and Asian art producers and curators working in both the UK and abroad. With over 1,000 monographs, 4,000 exhibition catalogues and 140 magazines, this is a good place to carry out research or just find out more about fascinating contemporary art that doesn't always make the headlines. Ground-breaking exhibitions are held in the architecturally impressive building and INIVA also organise a lively programme of talks and debates ranging from subjects such as curatorial practice to gallery education, and more. Sadly, the cafe to the right of the entrance is rather noisy.





## The London Library

14 St James's Square, London SW1Y 4LG ☎ 020 7930 7705

£ [www.londonlibrary.co.uk](http://www.londonlibrary.co.uk)

**Open** Monday–Wednesday 9.30am–8pm, Thursday–Saturday 9.30am–5.30pm, often closed on bank holiday weekends

**Tube** Piccadilly or Green Park **Bus** 3, 9, 12, 13, 14, 15, 19, 22, 23, 38, 139, 159

The building is not fully accessible, although there is a lift and the staff is very willing to help locate books. There is also a large screen computer monitor for people with visual impairments

Visiting the London Library is like entering very well endowed gentlemen's club, except that anyone can apply for membership and this is primarily a place to read rather than discuss ideas. There are apparently 15 miles of bookshelves with open access to a million books, so you can spend hours here sitting in a leather armchair, far removed from the commotion of the city outside. Books can be ordered in advance to be collected in the library or posted to your home address and the librarians are very happy to help with reference enquiries and research interests.



## **Bishopsgate Library**

Bishopsgate Institute, 230 Bishopsgate, EC2M 4QH ☎ 020 7392 9270  
**Free** [www.bishopsgate.org.uk](http://www.bishopsgate.org.uk)

**Open** Monday–Thursday 10am–5.30pm, Friday 10am–2pm, Saturday 10am–5.30pm

**Tube** Liverpool Street **Bus** 8, 26, 35, 42, 47, 48, 78, 135, 149, 242, 344, 388

The building is wheelchair accessible

The Bishopsgate Library originally opened in 1895, as part of the Bishopsgate Institute. Although originally a lending library, it is now reference only but offers public access to impressive collections on what it describes as ‘London, labour, free thought and co-operation’. With over 45,000 books and pamphlets, collected by 19th-century librarians and their predecessors, this is a valuable resource for anyone interested in local and family history related to London or 19th- and early 20th-century labour history. The Bishopsgate Institute also offers a varied programme of cultural events, including concerts, debates on issues of the day, yoga classes and literary evenings. Many of these take place in the architecturally impressive Great Hall.



## Freud Museum Archive and Library

20 Maresfield Gardens, NW3 5SX ☎ 020 7435 2002  
£ [www.freud.org.uk](http://www.freud.org.uk)

**Open** museum Wednesday–Sunday 12pm–5pm, library and archives Monday–Friday 10am–4pm. To carry out research, call ahead to make an appointment

**Tube** Finchley Road **Train** Finchley Road & Frognal

**Bus** 13, 82, 113

There is limited wheelchair access to the museum

Although most of the books owned by Sigmund Freud weren't brought to England when he emigrated and are now found in American archives, The Freud Museum has a number of titles from his personal library. The Research Centre is primarily intended for postgraduate students, but the library is a valuable resource for anyone interested in the life and work of Sigmund and Anna Freud and the history of psychoanalysis. The museum is also fascinating – it's apparent that the Freuds lived in a surprisingly comfortable home for a family dealing with the dark and often impenetrable workings of the unconscious.





### **British Library of Political and Economic Science**

London School of Economics and Political Science (LSE), 10 Portugal Street, WC2A 2HD ☎ 020 7955 7229

**Free** members of the public doing private, non-commercial research may apply for reference access to the library [www.lse.ac.uk/library](http://www.lse.ac.uk/library) **Open** see the website for current opening hours

**Tube** Holborn, Temple **Bus** 1, 4, 9, 11, 15, 23, 26, 59, 68, 76, 91, 139, 168, 171, 176, 188, 243, 341, 521

The library is accessible to wheelchair users

LSE Library was founded shortly after the school itself in 1896, as the British Library of Political and Economic Science, with the aim of systematically collecting all available material from around the world on the subjects studied by the school, recently becoming custodians of the Women's Library archive. The Library's collection currently contains over 4 million separate items, including rare books, unique archives, photographs, campaigning objects such as badges, posters and pamphlets, as well as an extensive digital collection.



# Parks, Gardens and Nature reserves

## Kensington Roof Gardens

99 Kensington High Street, W8 5SA (entrance on Derry Street)

 020 7937 7994 **Free** [www.roofgardens.virgin.com](http://www.roofgardens.virgin.com)

**Open** most days 9am–5pm but call ahead as private events are often held here

**Tube** High Street Kensington **Bus** 9, 10, 28, 49, 52, 70, 328, 452

There is wheelchair access to the gardens and restaurant

These gardens on top of the 30-metre-high former Derry and Toms building in the centre of London are quite extraordinary. There are three exquisite planted areas covering 1.5 acres; an elegant Spanish courtyard with rectangular ponds inspired by the Alhambra in Granada, a Tudor arbour draped with fragrant wisteria and a beautiful English woodland garden. Here you'll find not only an abundance of spring flowers but also four tame pink flamingos, two of which are 30 years old. Telephone a few days in advance to check whether the gardens are open before you visit,

because group events often take place here.



## Brompton Cemetery

Fulham Road, SW10 9UG ☎ 020 7352 1201

**Free** [www.royalparks.org.uk/parks/brompton\\_cemetery](http://www.royalparks.org.uk/parks/brompton_cemetery) or  
[www.brompton-cemetery.org](http://www.brompton-cemetery.org)

**Open** summer every day 8am–8pm, winter 8am–4pm, afternoon tours given throughout the year

**Tube** West Brompton **Bus** C1, C3, 14, 74, 190, 211, 328, 414, 430

The cemetery is wheelchair accessible

This 39 acre cemetery opened in 1840 and is still considered one of the finest Victorian metropolitan cemeteries in Britain. Walk up the central avenue to a stone chapel, based on the architecture of St Peter's Basilica in Rome. Among the formal walkways you will find over 35,000 monuments, many of well-known people, including suffragette Emmeline Pankhurst. This is a very tranquil place to wander, idly reading the inscriptions on tombstones lying under tall shady trees. In summer you might see some urban butterflies and perhaps a curious fox or two.

There are two entrances; the South Gate is on Fulham Road and the North Gate on the Old Brompton Road.





## **Bunhill Fields**

City Road, Shoreditch, EC1Y 1AU ☎ 020 7374 4127 for the City Gardens office

**Free** [www.islington.gov.uk](http://www.islington.gov.uk)

**Open** October–March weekdays 7.30am–4pm, weekends and bank holidays 9.30am–4pm, April–September weekdays 7.30am–7pm, weekends and bank holidays 9.30am–7pm

**Tube** Old Street **Bus** 21, 43, 55, 76, 135, 141, 205, 214, 243, 271  
There is wheelchair access

This former cemetery may not be the quietest open space in London, lying alongside one of the main arterial routes into the City. With its mature trees this is one of the few areas, however, where city workers can discover a green place to sit in the open air. If you have time to wander, follow the stone flagged paths to find the tombs of Daniel Defoe, John Bunyan and William Blake. The site has an interesting history; hundreds of plague victims were interred here in 1666 so it is no wonder that the whole area was formerly known as 'Bone Hill'. Nowadays the area has an abundance of plants, from lime trees to foxgloves and even if you can't linger, there is a nice, leafy short cut through to Whitecross Street.



## Red Cross Garden

Redcross Way, SE1 1HA ☎ 020 7403 3393

Free [www.bost.org.uk](http://www.bost.org.uk)

**Open** every day from 9am to dusk, subject to change

**Tube** Borough **Bus** RV1, C10, 21, 35, 40, 133, 343, 344, 381

There is a specially adapted toilet and the garden is wheelchair accessible

Although the surrounding area may not seem very inviting, even locals are enchanted by this hidden gem on their doorstep. The delightful garden was recently restored using the original Victorian designs, and it now has an attractive pond with a small fountain and yellow irises, some well laid out paths and pretty herbaceous borders. In April the garden is full of red tulips in honour of the Red Cross and during an afternoon in May local children dance around a maypole to celebrate the coming of spring. Next to the outdoor table hangs an impressive mosaic of the garden's history made by local school children.



### **Geffrye Museum Herb Garden**

136 Kingsland Road, Hackney, E2 8EA ☎ 020 7739 9893

**Free** [www.geffrye-museum.org.uk](http://www.geffrye-museum.org.uk)

**Open** April–October Tuesday–Sunday, bank holidays 10am–5pm.

Closed Good Friday, Christmas Eve, Christmas Day, Boxing Day and New Year's Day

**Tube** Liverpool Street **Train** Hoxton **Bus** 67, 149, 242, 243

The garden, cafe, toilets and entrance to the museum are all wheelchair accessible, but not the eleven period rooms

Enter the walled herb garden behind these beautifully restored almshouses and it's difficult to believe you are in the middle of busy Hackney. In May, wisteria hangs in abundance whilst in the summer, purple irises, lavender and bright red peonies bloom amongst dense green foliage. In the winter when the gardens are closed, you can still visit the period rooms in the museum, which are especially pretty at the end of the year when hung with Christmas decorations.





### **The Quiet Garden in Memorium of Basil Hume**

St Joseph's Church, Lamb's Passage, Bunhill Row, EC1Y 8LE ☎ 020 7628 0326 for the parish priest

**Free** [www.rcdow.org.uk/bunhillrow](http://www.rcdow.org.uk/bunhillrow)

**Open** April–October Monday–Friday 9am–6pm

**Tube** Old Street or Moorgate **Bus** 21, 43, 55, 76, 141, 205, 214, 243, 271

There is wheelchair access

This tiny garden makes up for its diminutive size by being an incredibly lush green space in this very built up area. Designed by landscape gardener Simon Peter Stobart, this Zen-like space has won awards for its innovative design – surprisingly, it feels both exciting and yet tranquil. Tall bamboo, jasmine bushes, a bronze-red japonicum and other trees form maze-like hedges surrounding pebble paths, making this a very secluded, rather special oasis. Here you can sit for hours in a shady, circular bower almost entirely hidden from view.





### **The Phoenix Garden**

21 Stacey Street, WC2H 8DG

**Free** [www.phoenixgarden.org](http://www.phoenixgarden.org)

**Open** every day 8.30am until dusk

**Tube** Tottenham Court Road or Leicester Square **Bus** 14, 19, 29, 38, 134, 176, 242

There is wheelchair access

This leafy community garden was cleverly designed to create secluded areas as well as a delightful miniature meadow. Three or four different types of comfrey grow alongside lavenders, purple bearded irises and tall grasses. There is a tulip poplar and even a venerable walnut tree which produces an abundant crop of nuts, much appreciated by elderly Italians who come to gather them in the autumn. On sunny days local office workers come here to eat their sandwiches and warm their legs in the sun. Although this feels like a very private spot, it is just behind Charing Cross Road and very close to Neal's Yard where you can buy healthy takeaway lunches.



### **Camley Street Natural Park**

12 Camley Street, N1C 4PW ☎ 020 7833 2311 **Free**  
[www.wildlondon.org.uk](http://www.wildlondon.org.uk) **Open** every day 10am–5pm

**Tube** King's Cross St Pancras **Bus** 214

Wheelchair accessible and has specially adapted toilets

This long, narrow park is made up of 2 acres of woodland with paths overhung with trees, still ponds and sheltered places. In one clearing

visitors can sit on old railway sleepers inside a 'living willow' dome. You might find hairy buttercups and common spotted orchids among the tall grasses, but also keep a look out for reed warblers and kingfishers, some of the many birds that visit what feels like a delightfully untamed wild space alongside Regent's Canal.





## Postman's Park

Little Britain, EC1A 7BX ☎ 0207 374 4127 **Free**

[www.cityoflondon.gov.uk](http://www.cityoflondon.gov.uk) **Open** 8am–7pm or dusk

**Tube** Barbican **Bus** 4, 25, 56, 100, 153, 172, 242, 521

The park is wheelchair accessible

Close to the former Post Office headquarters, Postman's Park is a familiar spot for local workers who often come here in summer. The park



is renowned not only for being a tranquil place near to the busy Smithfield's meat market, but also for the commemorative plaques to heroism which can be found under a wooden walkway. Now listed as a Grade II monument, these hand-painted memorials are an affecting reminder of human compassion.



## College Garden

Westminster Abbey, 20 Dean's Yard, SW1P 3PA ☎ 020 7222 5152

**Free** (donations towards the upkeep of the garden welcome) [www.westminster-abbey.org/visit-us/college-garden](http://www.westminster-abbey.org/visit-us/college-garden)

**Open** Tuesdays–Thursdays winter 10am–4pm, summer 10am–6pm

**Tube** Westminster or St James's Park **Bus** 11, 24, 88, 148, 211

The North Door has a small ramped step. Westminster Abbey also has its own wheelchairs for visitors to use

A garden has existed on this site for around 900 years and it was the first infirmary garden for Westminster Abbey, supplying herbs not only for the monks but also for a dispensary for local people. Fruit trees in College Garden also supplied apples, pears, plums and even a few grapes for the monastery and there was a small kitchen garden to cultivate vegetables. The oldest part is the ancient stone precinct wall, dating from the 14th century on the left-hand side of the garden but the oldest living plants are five magnificent plane trees planted in 1850. Now, handsome 18th-century buildings surround neat lawns and there are a few benches to sit on under shady trees and some very colourful herbaceous borders.



## Hilly Fields

Millennium Circle, Lewisham, SE4 1LE ☎ 020 8314 2047 (to contact Green Scene)

**Free** [www.lewisham.gov.uk](http://www.lewisham.gov.uk)

**Open** every day, all day

**Train** Brockley or St Johns **Bus** P4, 122, 171, 172, 484

There are many paths for wheelchair users

This spacious park bordering a conservation area in south London is little known about except by locals. It was saved from development by the formidable campaigner Octavia Hill and local residents in the 19th century, and walkers still benefit from their efforts today. In 2000 artists were commissioned to build a small stone circle here, which has the quiet aura of a much older monument. This is a lovely place to sit on the grassy banks on summer evenings overlooking the city below. If you are feeling especially energetic, information about joining a 'green gym', the latest way to keep fit without paying huge membership fees, can be found on the park's noticeboard.





### Centre for Wildlife Gardening

28 Marsden Road, SE15 4EE ☎ 020 7252 9186 **Free**  
[www.wildlondon.org.uk](http://www.wildlondon.org.uk) **Open** Tuesday–Thursday and Sunday 10:30am–  
4:30pm **Train** East Dulwich or Peckham Rye **Bus** 37, 40, 63, 176, 185,  
484

The garden is accessible by wheelchair

This idyllic spot is in a quiet residential area of south London. The visitor



centre not only supports people with learning difficulties but also gives invaluable advice to city gardeners. There is a small nature trail for curious children, which includes a stag beetle sanctuary. Next to the raised beds you can buy plants and pots of honey produced by bees from the hives in a corner of the garden.



### **Gillespie Park Nature Reserve**

Islington Ecology Centre, 191 Drayton Park, N5 1PH

 020 7527 4462 for events or 020 7527 4374 **Free** [www.islington.gov.uk/sustainabilitycentres](http://www.islington.gov.uk/sustainabilitycentres) **Open** Monday– Friday 8am–dusk, Saturday 9am–dusk, Sunday 10am– dusk. Closed for Arsenal FC home games **Tube** Arsenal

**Train** Finsbury Park, Drayton Park **Bus** 4, 19, 236

There is disabled access to most of the nature reserve

The Gillespie Park Nature Reserve, just a few tube stops north of central London, has meadows full of summer flowers and a pond full of tadpoles. The centre organises family friendly events such as dawn chorus and bat walks, as well as workshops on how to grow your own herbs.



### **Barbican John Trundle Highwalk**

The Barbican, EC2Y 8DS **Free** [www.barbican.org.uk](http://www.barbican.org.uk)

**Open** at all times. For the walkway, ascend the steps at Beech Street

**Tube** Barbican or Moorgate **Bus** 153

Most of the Barbican Centre is wheelchair accessible

One of the reasons this garden feels rather secret and hidden is because it is located way above the traffic on an elevated walkway. Although the



area is surrounded by the heavy concrete excesses of Brutalist architecture, this is still a tranquil place to sit on a warm afternoon. Sadly, there are no longer fish in the ponds but the gently waving reeds, floating waterlilies and abundance of wild flowers make this corner of the Barbican feel almost rural.



## **Salters' Garden**

4 Fore Street, EC2Y 5DE ☎ 020 7588 5216

**Free** [/www.londongardensonline.org.uk](http://www.londongardensonline.org.uk) **Open** Monday–Friday 9am–5pm

**Tube** Moorgate **Bus** 21, 43, 76, 100, 141, 153, 205, 214, 271

There is no wheelchair access

This modern garden originally opened in 1981 but was redesigned as a knot garden by renowned architect David Hicks and reopened in 1995.

Garden benches are strategically placed in what feel like contemporary outdoor cloisters, framed by beautiful beech hedges and three small fountains. The old Roman City Wall flanks the southern boundary, giving the garden an historic appeal. It is the perfect place to read on a sunny afternoon.



## Chumleigh Gardens

Chumleigh Street, Burgess Park, Kennington, SE5 0RJ ☎ 020 7525 1070 for the cafe

**Free** [www.southwark.gov.uk/info/200073/parks\\_and\\_open\\_spaces](http://www.southwark.gov.uk/info/200073/parks_and_open_spaces)

**Open** Monday–Friday 9am–5pm, Saturday and Sunday 10am–5pm

**Tube** Kennington or Elephant & Castle **Bus** 12, 35, 40, 42, 45, 53, 63, 68, 78, 168, 172, 343, 363, 453, 468

There is wheelchair access to the garden but no disabled toilet

A few years ago, the grounds surrounding the attractive former almshouses were transformed into a delightful world garden. As well as a striking square blue tiled mosaic pond, you'll find Middle Eastern, African and Mediterranean plants in raised beds and shady corners. The park was named after Councillor Jessie Burgess, Camberwell's first woman mayor and has some magnificent flowering trees as well as an old lime kiln nearby. Unfortunately, the cafe plays music but there are plenty of tables and benches to sit outside on sunny days.





### **Bonnington Square Garden**

Bonnington Square, Kennington, SW8 1GA

**Free** [www.bonningtonsquaregarden.org.uk](http://www.bonningtonsquaregarden.org.uk)

**Open** every day, all day

**Tube** Vauxhall **Bus** 2, 36, 46, 87, 88, 156, 185, 156, 185, 344, 360, 436

There is wheelchair access to the garden

Known as 'the Pleasure Garden' in homage to the Vauxhall Pleasure Gardens, this former bombsite and derelict playground was transformed by the imaginative residents of the Bonnington Square Garden Association. Amazingly, this south London oasis is full of lush tropical plants and intriguing public sculptures. Sadly, the vegetarian and vegan cafe nearby plays music so you may want to bring your delicious meal here to eat outdoors.



### **Culpeper Community Garden**

35 Batchelor Street, N1 0EJ ☎ 020 7833 395

**Free** [www.culpeper.org.uk](http://www.culpeper.org.uk)

**Open** Tuesday–Sunday 10am–4pm, and when members open the gates. Call in advance to check if the garden is open

**Tube** Angel **Bus** 153, 274

The garden is accessible and has two raised beds for gardeners with a disability

This beautiful local garden has 50 plots for people to grow vegetables, as well as ponds, rose pergolas and ornamental flower beds. There's even an organic lawn with a wildlife area. Nature lovers come here to enjoy the peaceful atmosphere, and sometimes to help volunteers weed and tend this flourishing garden. Look out for the cabbage white butterflies amongst the mass of yellow fernleaf yarrow and ruby red astrantia flowers.



**WWT (Wildfowl and Wetlands Trust): London Wetland Centre**

Queen Elizabeth's Walk, Barnes, SW13 9WT ☎ 020 8409 4400  
£ [www.wwt.org.uk](http://www.wwt.org.uk)

**Open** summer every day 9.30am–6pm (last admission 5pm), winter 9.30am–5pm (last admission 4pm), closed on Christmas Day **Bus** 283  
The centre is wheelchair accessible, but entry to some of the hides involves climbing up steps

This is the closest you'll get to the Garden of Eden near to a major capital city. Not only is the London Wetlands Centre a site of special scientific interest, it's also an outstanding location to view birds and other wildlife close to an urban setting. Within 42 hectares of carefully managed wild spaces you might spot bitterns, kingfishers and even a water vole. There are a number of secluded hides from which to observe visiting wildfowl, but you can also meander along paths lined with tall grasses and gently waving reeds. Wander along the 'sheltered lagoon track' to find the recently opened bat house or book a guided tour to hear more about the creatures living in this idyllic nature reserve. Beyond the visitors centre, the only loud sounds you might hear are the raucous white-faced whistling ducks on the lake.





### **Springfield Park**

Springfield, Hackney, E5 9EF

**Free** [www.hackney.gov.uk/cp-parks-springfield.htm](http://www.hackney.gov.uk/cp-parks-springfield.htm)

**Open** summer Monday–Sunday 7.30am–9.30pm, winter Monday–Sunday 7.30am–4.30pm

**Train** Clapton or Stoke Newington **Bus** 67, 73, 253, 254, 393 (all 10–15 minutes walk away)

The park is wheelchair accessible

In spring, the trees outside the White Lodge Mansion are covered in blossom and there is a lovely walk through the park down to the Lea Navigation Canal. Nearby, there are dramatic views of the Hackney marshes and the sudden change from built up conurbation to semi-wild vistas makes this green open space rather unique. In summer, beautiful apricot-pink roses flower in front of the house and the surrounding area has been designated a nature reserve, but sadly the cafe does play music, so picnics on the lawn might be a quieter way to enjoy the scenic views.





### **Chelsea Physic Garden**

66 Royal Hospital Road, Chelsea, SW3 4HS

 020 7352 5646 ext. 228 £ (but free for Friends of the Garden and

carers of disabled people) [www.chelseaphysicgarden.co.uk](http://www.chelseaphysicgarden.co.uk)

**Open** April–October Wednesday–Friday 12pm–5pm, Sunday and bank holiday Mondays 12pm–6pm

**Tube** Sloane Square **Bus** 11, 14, 19, 22, 49, 137, 170, 211

The garden is wheelchair accessible, use the level entrance in Royal Hospital Road.

Founded in 1673 the Chelsea Physic Garden was originally used to teach apprentice apothecaries how to identify medicinal plants. Centuries later, courses on gardening are still held here, from composting to backyard biodiversity days. Discover the ethnobotanical Garden of World Medicine, where indigenous plants from Maori, traditional Chinese, Australian aboriginal and other world cultures can be found. You might want to sit under the largest outdoor fruiting olive tree in Britain, which apparently thrives due to the warmer microclimate close to the River Thames.



## Temple Gardens

Middle and Inner Temple Gardens, Strand, EC4Y 7HL 📞 020 7427 4800

**Free** [www.innertemple.org.uk](http://www.innertemple.org.uk) or [www.middletemple.org.uk](http://www.middletemple.org.uk)

**Open** every day 12.30pm–3pm, closed weekends and bank holidays

**Tube** Temple **Bus** 4, 11, 15, 23, 26, 45, 63, 76, 100, 172, 341, 388

Access the gardens via the north gate opposite Crown Office Row. A ramp can be requested for wheelchair users from the Inner Temple porters on 020 7797 8255

The lovely Temple Gardens are tucked in-between Fleet Street and the Thames, near to Temple Church with its tranquil sandstone courtyard. Amongst the well-tended three acres you'll find crimson peonies, and many trees including a Japanese Blood Walnut, a fruiting medlar, and a stately mulberry. These two hidden gardens are delightful places to wander in throughout the year.





# Places to relax and retreat centres

## Golden Lane Sport and Fitness

Fann Street, EC1Y 0SH ☎ 020 7250 1464

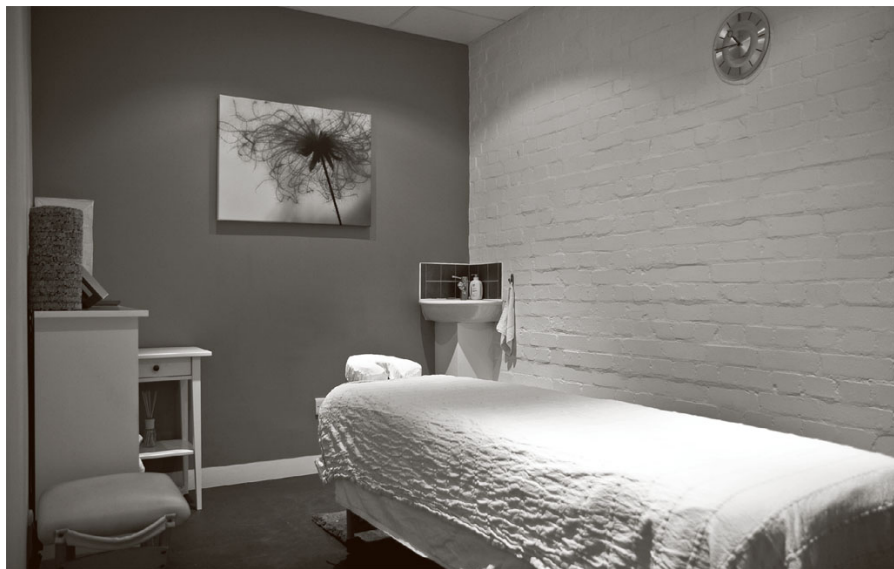
£ [www.fusion-lifestyle.com](http://www.fusion-lifestyle.com)

**Open** Monday–Friday 6am–10pm, Saturday–Sunday 8am–6pm, bank holidays 9am–5pm

**Tube** Old Street **Bus** 4, 55, 56, 100, 153, 243

The swimming pool and changing rooms are accessible for people with a disability

Inside this unassuming leisure complex is a small swimming pool which never seems to have more than five people in the water at any one time. The centre has recently been updated so it's worth coming here for the calm and restful atmosphere. This is also a good place to swim a few lengths before breakfast, as it is mainly considerate older people who get up early to take a dip.



## **Waterloo Body Station**

103 Lower Marsh, Waterloo, SE1 7AB ☎ 020 7202 9000

£ [www.waterloobodystation.co.uk](http://www.waterloobodystation.co.uk)

**Open** Monday–Friday 9.30am–8pm, Saturday 10am–6pm

**Tube** Waterloo or Lambeth North **Bus** 1, 4, C10, 12, 26, 53, 59, 68, 76, 139, 148, 159, 171, 172, 176, 188, 453

There is no wheelchair access to the basement treatment rooms

This small centre offering massage and complimentary health therapies is very close to one of London's busiest railway stations, but it is a complete contrast from the crowds of people rushing to get their trains. Underneath a really nice shop selling mainly British sourced natural beauty products are three peaceful rooms for various relaxation treatments. A half-hour Indian head massage will help with sinusitis, headaches and insomnia whilst the Balinese massage will use warm coconut ginger oil to release muscle tension. Sadly, the shop plays (soothing) music but downstairs you'll discover a more gentle silence.



### **Spa London, York Hall**

5-15 Old Ford Road, Bethnal Green, London, E2 9PJ ☎ 020 8709 5845  
£ [www.spa-london.org](http://www.spa-london.org)

**Open** every day. See website or call ahead for times of male and female spa sessions

**Train** Cambridge Heath **Bus** D3, D6, 8, 106, 254, 309, 388

York Hall is accessible for wheelchair users

A few years ago, the nineteenth-century basement of York Hall's Turkish Baths was transformed into a luxurious spa and treatment centre. This non-profit making spa has six 'chambers', each offering a different heat treatment. After the dry heat of the sauna, smother yourself with ice flakes, sit in the hammam, enjoy the 'aroma infused showers' and lie down in the relaxation room sipping herbal tea. Recently refurbished, this beautiful, relaxing place is very affordable; no wonder it is acknowledged to be London's most successful social enterprise.

Booking is required for the Thermal Spa Experience and treatments. Call to find out the times for separate male and female sessions.



## The Royal Foundation of St Katharine

2 Butcher Row, Poplar, E14 8DS ☎ 0300 111 1147  
£ [www.rfsk.org.uk](http://www.rfsk.org.uk)



**Tube** Limehouse DLR **Bus** D3, 15, 115, 135, 339

A lift provides access for wheelchair users

Although this conference and retreat centre is primarily used for ecumenical courses and meetings, it's also possible to book overnight stays, and rates are very reasonable. In addition to the modern bedrooms you can sit and read in the Matilda Room, one of the most exquisite 18th-century drawing rooms in London. The garden is very tranquil and there is a large chapel which is open for more private moments.



## The London Centre for Spirituality

The Church of St Edmund the King, Lombard Street, EC3V 9EA ☎ 020 7621 1391

**Free** [www.spiritualitycentre.org](http://www.spiritualitycentre.org)

**Open** Monday–Friday 10am–6pm **Tube** Bank or Monument

**Bus** 8, 11, 15, 21, 23, 25, 26, 35, 40, 43, 47, 48, 76, 133, 141, 242, 344, 388

Centre and garden are accessible for wheelchair users

The London Centre for Spirituality is housed inside a magnificent church designed by Sir Christopher Wren in the centre of the financial district of the City. There are a number of wooden pews available if visitors want to sit quietly. The main part of the church has a bookshop selling new and second-hand titles with a religious theme.



## **Inner Space**

36 Shorts Gardens, Covent Garden, WC2H 9AB

 020 7836 6688 **Free** [www.innerspace.org.uk](http://www.innerspace.org.uk)

**Open** Monday–Thursday & Saturday 10.30am–6pm, Friday 10.30–5pm

**Tube** Covent Garden, Holborn or Tottenham Court Road **Bus** 1, 8, 19, 24, 25, 29, 38, 55, 98, 134, 176, 242

Meditation and quiet rooms are not wheelchair accessible

The Brahma Kumaris World Spiritual University has been running this small centre for meditation and personal growth for many years. Meditation sessions are held at lunchtimes, but you can also visit their quiet room in the basement during opening hours. If you prefer to sit in silence you can ask for the gentle music to be turned off.





## The Wren Clinic

Idol Lane, EC3R 5DD ☎ 020 7283 8908

£ [www.wrenclinic.co.uk](http://www.wrenclinic.co.uk) **Open** Monday–Friday 10am–5pm, closed for lunch 1pm–2pm **Tube** Tower Hill or Monument

**Bus** 15, 17, 21, 25, 35, 40, 43, 47, 48, 133, 141, 149, 344, 521

The centre is not wheelchair accessible

Located in the former tower of St Dunstan's Church, this complementary

health centre offers a range of therapies, including Alexander Technique and Bowen Therapy. The church was bombed during World War II but has been skilfully converted into therapy rooms. You can book an aromatherapy massage in the beautiful former belfry, where you can still see where the bell ropes used to hang.



## The Porchester Spa

Queensway, W2 5HS ☎ 020 7792 3980

£ [www.courtneys.co.uk/centres/Porchester](http://www.courtneys.co.uk/centres/Porchester) or [www.shmeisse.com](http://www.shmeisse.com)

**Open** every day 10am–10pm, call ahead for times for separate sessions for males, females and couples

**Tube** Queensway or Bayswater **Bus** 7, 23, 27, 70, 94, 148, 390

There is wheelchair access to the swimming pool but not the spa

Unlike many other luxurious centres in London, this 1920s spa is open to anyone who wants to feel revitalised by a swim, massage or steam bath. The Grade II listed building is impressive, from its green and white tiles, wooden floors to the carved pale Portland Stone interior. The building has been renovated and provides very modern facilities including two relaxing Russian stream rooms, three Turkish hot rooms and a Finnish sauna cabin. After receiving heat treatments, cool down in the ice cold plunge pool. Their swimming pool is also one of the least crowded in London, making this spa an inexpensive place to be pampered, invigorated and revived. This is the only place in London you can get a shmeisse, where the masseur uses a special brush to invigorate tired muscles.





## Ushvani

1 Cadogan Gardens, SW3 2RJ ☎ 0207 730 2888 £ [www.ushvani.com](http://www.ushvani.com)

**Open** Monday 12pm–7pm, Tuesday–Thursday 12pm–9pm, Friday 10am–7pm, Saturday 10am–6pm

**Tube** Sloane Square **Bus** C10, 11, 19, 22, 137, 211, 319, 360, 452

There is no wheelchair access to the spa

This Malaysian spa is probably one of the most beautiful locations to

relax in London. You will receive personal attention in one of the gorgeous treatment rooms, each one of which is filled with the exquisite fragrance of essential oils. Treatments can also be arranged for couples, offering private access to a sumptuous suite with steam room and plunge pool.



## **Feldenkrais Method**

Open Centre, 3rd Floor, 188–192 Old Street, EC1V 9FR

☎ 020 7251 1504 for the centre or 020 8469 0245 for Scott Clark,  
Feldenkrais teacher £ [www.opencentre.com](http://www.opencentre.com) or

[www.feldenkraislondon.com](http://www.feldenkraislondon.com) **Open** for weekly class times, see the  
website **Tube** Old Street **Bus** 55, 243

The building is being adapted to enable wheelchair access

Feldenkrais classes are a combination of meditation, yoga and western science, sometimes described as 'physical riddles'. Participants lie on the floor and do gentle poses to create a better connection between the mind and the body. In the process, many people improve their movement, and sometimes experience deeper responses.





## Reva Yoga

2C Andrews Road, Broadway Market, Hackney, E8 4QL ☎ 07917 360741

£ [www.revayoga.com](http://www.revayoga.com)

**Open** Saturday 10.30am class open to everyone, for other classes see website, closed bank holidays and Christmas

**Tube** Bethnal Green **Train** Cambridge Heath, Haggerston **Bus** 48, 394

There is no wheelchair access to the yoga studio

From baby yoga classes, which strengthen the bonds between parent and child, to the popular Saturday morning yoga sessions, this is a very restful place to practice asanas and breathing exercises. Satyananda yoga teacher Nina Deeley trained in India and she inspires everyone with her guided meditations in a beautiful converted loft just off Broadway Market. Satyananda yoga encourages a deeply spiritual approach and enables people to develop an inner state of harmony and so is suitable for everyone, both young and old.



# Places of worship

## St Bartholomew-the-Great

West Smithfield, EC1A 7JQ ☎ 020 7836 5221, 020 7606 5171  
£ [www.london-city-churches.org.uk](http://www.london-city-churches.org.uk) or [www.greatstbarts.com](http://www.greatstbarts.com)

**Open** Monday–Friday 8.30am–4pm, Saturday 10.30am–4pm, Sunday 8.30am–8pm. Services held at 9am and 11am, and other times during the week **Tube** Farringdon, Barbican or Chancery Lane **Bus** 8, 25, 56, 172, 242

There is wheelchair access to the church but no specially adapted toilet

There are 56 churches in the City of London (14 of which are staffed by Friends of City Churches at lunchtimes), but this is one of the oldest and most beautiful. This 12th-century building has an intriguing history, having been used as a stable for horses and a factory after the Dissolution of the Monasteries, but was later returned to use as a church in the 19th-century. It has also appeared in eight feature films including *Four Weddings and a Funeral*. In addition to the pre-reformation font (c. 1405) look for the Great Lectern made out of ancient timbers from the Lady Chapel and vivid paintings by the current artist in residence.

The (quiet) Cloister Café Bar is open weekdays from 10am to 3.30pm

in the church's 15th-century cloister, serving coffee, monastic beers and lunch from 11.30 to 3pm, opening late on Wednesdays.



## John Wesley's House and Chapel

Wesley's Chapel and Leysian Mission, 49 City Road, EC1Y 1AU ☎ 020 7253 2262

**Free** (but donations welcome) [www.wesleyschapel.org.uk](http://www.wesleyschapel.org.uk) **Open**  
Monday–Saturday 10am–4pm, Sunday 12.30pm–1.45pm, closed  
Thursday 12.45–1.30pm for services and between Christmas & New  
Year, public & bank holidays except Good Friday

**Tube** Old Street or Moorgate **Bus** 21, 43, 76, 141, 205, 214, 271

There is wheelchair access to the chapel and a lift to the basement  
museum but Wesley's House has steep stairs and no access except for  
the ground floor

John Wesley's charming 18th-century house is a delightful example of period architecture and was built by the preacher to provide a base for him when he was not travelling the country visiting other Methodist chapels. Next door, the magnificent chapel is also open to visitors. It was built in 1778 by Samuel Tooth, a builder and preacher, and Wesley described it as 'perfectly neat but not fine'. It is now known as the Mother Church of World Methodism. Inside, there is some impressive 18th-century stained glass as well as two fascinating modern etched memorial windows by artist Mark Cazalet. The hidden garden behind the chapel is a surprisingly tranquil place.





## Bevis Marks Synagogue

Heneage Lane, City of London, EC3A 5DQ ☎ 020 7626 1274 £  
[www.bevismarks.org.uk](http://www.bevismarks.org.uk)

**Open** Tuesday–Saturday 10.30am–1pm, Sunday 10.30am–12.30pm.  
 Closed on Jewish festivals, Tisha Be'Av and bank holidays. Services held weekdays in the early morning and on Friday evenings, enter through the gates on Bevis Marks

**Tube** Liverpool Street or Aldgate **Bus** 2A, 8, 11, 20, 22B, 23, 26, 35, 42, 43, 47, 48, 78, 100, 133, 141, 149, 172, 173, 214, 243, 271

The Synagogue has wheelchair access, with just a small step at the entrance

Thanks to Oliver Cromwell, Jews in England could practice their own religion openly for the first time since the Middle Ages. In 1657, a Quaker builder was invited to build this London synagogue and it was completed in 1701. (He later returned all the profits from its construction to the Jewish community). Bevis Marks is the oldest synagogue in Britain and has barely changed since the early 18th century. In the main room of the synagogue hang seven ornate brass candelabra, one for each day of the week, but overall, with its original wooden seating and simple balconies, the interior is very simple and unadorned. Unfortunately, the excellent kosher restaurant adjoining the synagogue plays music.



## St Ethelburga's Centre for Peace

78 Bishopsgate, EC2N 4AG ☎ 020 7496 1610 **Free** (except for concerts) [www.stethelburgas.org](http://www.stethelburgas.org) **Open** Friday and most Wednesdays 11am–3pm **Tube** Liverpool Street

**Bus** 8, 26, 35, 42, 47, 48, 78, 100, 149, 205, 242, 344, 388

There is wheelchair access to the church and garden

Following devastation by the IRA bomb in 1993, this small, 700-year-old

church has been transformed into a centre for peace and reconciliation. Not only are services still held here, meditation sessions are also offered once a week. In the pebbled courtyard visitors can enter a Middle Eastern Bedouin tent made of woven goats hair – a special place for anyone seeking quiet contemplation.





## The Tibetan Peace Garden

Geraldine Mary Harmsworth Park, St George's Road, SE1 6ER **Free Tube** Elephant & Castle or Waterloo **Bus** C10, 12, 45, 53, 63, 68, 159, 168, 171, 176, 188, 344

The garden is wheelchair accessible

This small Tibetan peace garden was created as a place of peace and harmony, and to create greater awareness of Buddhist culture. Located



behind the Imperial War Museum, this is a serene place to sit and ponder. Surrounding the bronze Kalachakra Mandala are eight meditation seats. The stone pillar has a message in four languages from the Dalai Lama, based on a Tibetan Sho treaty stone from the 9th century.



## **Bunhill Fields Meeting House**

Quaker Court, Banner Street, EC1V 8QQ ☎ 020 7638 3525

**Free** [www.bunhillfields.quaker.eu.org](http://www.bunhillfields.quaker.eu.org)

**Open** Sunday 11am, third Wednesday of the month 12.45pm– 1.30pm

**Tube** Old Street, Moorgate, Liverpool Street

**Bus** 5, 43, 55, 76, 104, 141, 214, 243, 271

Not accessible to those with impaired mobility

Quakers (also known as the Society of Friends) first started to minister to people here in the 17th century, in what was a very poor area of London. Meetings are held mainly in silence, so this is one place in the city where stillness is especially valued. Visitors are welcome, not only here but also at their meeting houses elsewhere in London.



## St Giles-in-the-Fields

60 St Giles High Street, WC2H 8LG ☎ 020 7240 2532 **Free**  
[www.stgilesonline.org](http://www.stgilesonline.org) **Open** Monday–Friday 8.15am–6pm, Sunday  
services 9am, 11am, 6.30pm **Tube** Tottenham Court Road **Bus** 1, 8, 19,  
24, 38, 29, 55, 134, 176, 242, 390  
The church is wheelchair accessible

St Giles was founded in 1101, to offer Christian hospitality in a rural



district. Built in 1733, the church is now surrounded by office blocks, clubs and shopping streets but still welcomes visitors and anyone wishing to attend services. Many excellent concerts are put on here, so you might find a music rehearsal taking place but otherwise this is a very tranquil place where you can sit undisturbed during the day.



## St Etheldreda's Roman Catholic Church

14 Ely Place, EC1N 6RY ☎ 020 7405 1061

**Free** [www.stetheldreda.com](http://www.stetheldreda.com) **Open** Monday–Saturday 8am–5pm,  
Sunday 8am–12.30pm **Tube** Farringdon or Chancery Lane **Bus** 8, 25,  
242, 390, 521

There is no wheelchair access to the church

St Etheldreda, born in AD 630, was renowned for her austerity, so it is

ironic that this chapel was built in her name, considering this area is the epicentre of the gold and silver trade in England. The chapel was built in 1290 and is the oldest catholic church in Britain. It is famous for having one of the largest stained glass church windows in London, partially destroyed during the Blitz.



## Southwark Cathedral

London Bridge, SE1 9DA ☎ 020 7367 6700 **Free**  
cathedral.southwark.anglican.org **Open** weekdays 8am–6pm. Visitors  
are asked to respect that services, recitals and other events are often  
held here **Tube** London Bridge  
**Bus** D1, RV1, 17, 21, 35, 40, 43, 47, 48, 133, 149, 501  
The building is wheelchair accessible



This magnificent 13th-century priory church only became a cathedral at the start of the 20th century and is full of fascinating historic monuments. One of the quietest parts of the building is the Harvard Chapel which commemorates John Harvard, the benefactor of the renowned American University, baptised here in 1607.



## The London Buddhist Centre

51 Roman Road, Bethnal Green , E2 0HU ☎ 0208 981 1225  
£ [www.lbc.org.uk](http://www.lbc.org.uk)

**Open** Monday–Saturday 1pm–2pm for lunchtime meditation, no need to book in advance. For other events see the website

**Tube** Bethnal Green **Bus** D3, D6, 8, 106, 254, 309, 388

Ring in advance to book a ramp for access for the ground floor. There is a lift to the basement shrine rooms and a specially adapted toilet

The London Buddhist Centre has existed on this spot for over twenty years and is a welcoming place for anyone interested in Buddhism. In addition to their drop-in meditation sessions at lunchtimes, classes are also held here, including the popular 'Mindfulness of Breathing'. There is a crèche available on Wednesday mornings, so even busy parents can find time for a peaceful hour away from their children. There are also reduced price events for people on a low income.



## **Notre Dame de France**

Soho, WC2H 7BX ☎ 020 7440 2643 or 2644

**Free** [www.ndfchurch.org](http://www.ndfchurch.org)

**Open** Monday, Tuesday, Thursday, Friday 1.30pm–6.30pm, Wednesday 2pm–7pm, Saturday 12pm–6pm

**Tube** Leicester Square **Bus** 14, 19, 24, 29, 38, 176

There is a chair lift for wheelchair users so call in advance of your visit

One of the reasons to visit this unusual circular church in the middle of Soho is to see the simple murals by Jean Cocteau, the French playwright and actor. Inspired by the Art Sacré movement, they depict scenes from the Annunciation and Crucifixion in muted colours typical of the late 1950s. In addition, look out for an Aubusson tapestry designed by George Saupique and the beautiful mosaic set in the side chapel altar. Notre Dame de France was built after the war following destruction of the previous catholic church and is little-known except by the French religious community who come to worship here.



### St Saviour's Priory

18 Queensbridge Road, London, E2 8NS ☎ 020 7739 6775  
**Free** [www.stsaviourspriory.org.uk](http://www.stsaviourspriory.org.uk) **Open** Tuesday–Sunday 9am–5pm  
**Train** Hoxton **Bus** 26, 48, 55, 236, 394

There is wheelchair access to the ground floor and chapel but not the guest rooms on the first floor

This small priory is run by a group of nuns who carry out invaluable work



in this deprived area of Hackney. Visitors are welcome to attend services in the chapel which take place about five times a day. This is one of the quietest places in London and the courtyard garden is an especially nice place to sit and listen to the birds.



## St Paul's Church and Churchyard

Bedford Street, Covent Garden, WC2E 9ED ☎ 020 7836 5221 **Free**  
[www.actorschurch.org](http://www.actorschurch.org) **Open** Monday–Friday 9am–5pm, for weekend  
opening call in advance

**Tube** Covent Garden **Bus** 6, 9, 11, 13, 15, 23, 87, 91, 139, 176

The garden is accessible for wheelchair users

This imposing 17th-century church was designed by Inigo Jones. Known

as the 'Actor's Church' because of its long association with the acting community, it is often used for performances, church services and weddings. Not many people know about its small churchyard, however. In spring the pink cherry blossom trees are particularly beautiful in this quiet spot away from the crowds.



# Small shops

## L. Cornelissen and Son

105 Great Russell Street, WC1B 3RY ☎ 020 7636 1045  
[www.cornelissen.com](http://www.cornelissen.com)

**Open** Monday–Saturday 9.30am–5.30pm

**Tube** Tottenham Court Road **Bus** 1, 8, 25, 29, 55, 98, 134, 176, 390

The shop is accessible for wheelchair users, staff can help open the door

From calligraphy inks, tubes of gouache, marbled paper sketchbooks, pigments for egg tempera and fine hogs hair brushes, this shop is a cornucopia of delights for artists and illustrators. The shop was established in the 1850s and has an international reputation as a specialist arts supplier and colourist. Whether you are an experienced picture restorer or an enthusiastic painter of watercolours, there will be something to inspire you here.





## Craft Central

The Corner Shop, 21 Clerkenwell Green, EC1R 0DX ☎ 020 7251 0276  
[www.craftcentral.org.uk](http://www.craftcentral.org.uk)

**Open** Thursday–Saturday 12pm–6pm but check the website before visiting

**Tube** Old Street or Farringdon **Bus** 4, 55, 56, 153, 243

The corner shop is tiny, so wheelchair users might find it hard to get access

Imagine having a brand new, specialist shop selling handmade, beautifully crafted jewellery, textiles and ceramics on your street corner every week. With the innovative pop-up shop at Craft Central, this is exactly what happens throughout the year in enterprising, village-like Clerkenwell. Every week a different designer from the Craft Central studios above takes over the corner shop, selling their art objects to members of the public. Look out for Alexandra Simpson's romantic, botanically inspired silver jewellery and Charlene Mullen's adventurous black-and-white embroidered cushions. Her panoramic landscapes of London are inspired by Elizabethan blackwork– a sophisticated alternative to tourist paraphernalia.



## Glitterati

148 Columbia Road, Bethnal Green, E2 7RG

[www.columbiaroad.info](http://www.columbiaroad.info)

**Open** Sunday 9am–4pm

**Tube** Old Street **Train** Hoxton **Bus** 8, 26, 48, 55, 388

The shop is wheelchair accessible but maybe rather difficult to negotiate as it's quite small

Despite the noise of the bustling flower market outside on Sundays, this is one of the few places on Columbia Road that doesn't play music. Glitterati probably has more costume jewellery per square inch than any other shop in London. In addition to the sparkling tiaras, silk scarves, Victorian hat pins and pretty ceramic flower brooches, they also sell vintage watches restored by a second-generation watchmaker. In an old-fashioned display cabinet you'll find glass shelves covered in antique and 20th-century cufflinks, one-off pieces that will impress any stylish man.



### Rezai Persian Carpets

123 Portobello Road, W11 2DY ☎ 020 7221 5012

[www.theportobellomarket.co.uk/dealers](http://www.theportobellomarket.co.uk/dealers)

**Open** Monday–Saturday 10am–5pm, closed Sunday and bank holidays

**Tube** Notting Hill or Ladbroke Grove **Bus** 7, 23, 52, 70, 228, 452

The shop is accessible to wheelchair users

This long-established carpet shop is a peaceful haven in the middle of busy Portobello Road. Because the walls are lined with exquisite, densely woven Persian carpets which absorb even the gentlest whisper, the acoustics in here are excellent for anyone who appreciates quietness. As well as antique hand-knotted rugs made with natural dyes by the Kerman Afshar tribe from Iran there are beautiful modern carpets illustrated with scenes from Sufi tales or the poetry of Omar Khayyam. If you prefer traditional textiles from around the world, the owner also sources antique cotton bedcoverings embroidered with red pomegranates from Uzbekistan.





## D & Lee Textiles

57 Wentworth Street, Aldgate, E1 7TD ☎ 020 7247 7222

**Open** Monday–Friday 9.30am–5.30pm, Sunday 9am–2pm, in winter closes at 2pm on Fridays

**Tube** Aldgate East **Bus** 15, 25, 40, 42, 67, 78, 100, 115, 135, 205, 254

The shop is accessible to wheelchair users

Since 1846 Dutch cloth manufacturer Vlisco has been designing and producing colourful fashion fabrics which are an integral part of fashion and visual culture in West and Central Africa. African fabrics are designed in Ghana, printed in Holland, shipped to London and sold to discerning African women, adventurous furniture designers and anyone wanting to experiment with brightly coloured wax prints. Although heavily encrusted beaded fabrics and lace have been popular in recent years, the fabric shops in this street still stock some very vibrant cloth. You don't have to go to the Ivory Coast or Benin to stock up on bright yellow cotton printed with red prancing horses or a striking ABC pattern, fantastic fabrics can be found here in the East End of London.





### **Lesley Craze Gallery**

34 Clerkenwell Road, EC1R 0DU ☎ 020 7608 0393  
[www.lesleycrazegallery.co.uk](http://www.lesleycrazegallery.co.uk)

**Open** Tuesday–Saturday 10am–5.30pm

**Tube** Farringdon **Bus** 4, 55, 56, 153, 243

The gallery is accessible for wheelchair users

The owner of this inspiring gallery has been selling jewellery, metalwork, textiles and other unique objects for over 20 years. Some of the most cutting edge designs can be found here, from a sculpted piece constructed from pink rubber gloves and pearls, to a small engraved necklace showing the constellation of stars above Venice. The gallery offers a personal service to customers wanting to purchase quite outstanding, wearable artworks.



## Freud Shop

198 Shaftesbury Avenue, WC2H 8JL ☎ 020 7240 1100

**Open** Monday–Friday 10am–6pm, Saturday 11am–5pm

**Tube** Tottenham Court Road or Covent Garden **Bus** 9, 38

The shop is accessible for wheelchair users but there is a step at the entrance so call in advance and staff can move the central display tables to allow more space

This tranquil boutique can be found above the lively Freud Bar on the northern fringes of Covent Garden. With its dark grey slate floors and sand blasted walls, this shop is a far remove from the anodyne department stores in London's main thoroughfares. They specialise in selling their own British designed range of stainless steel espresso and tea infusing machines as well as a very sophisticated range of porcelain crockery. Their distinctive Arabic, Cyrillic, Greek, Hebraic and other alphabet mugs, cards and tea towels can only be sourced here.



## Italo Delicatessen

13 Bonnington Square, SW8 IT6 ☎ 020 7450 3773

[www.italodeli.co.uk](http://www.italodeli.co.uk)

**Open** Monday–Friday 9.30m–7.45pm, Saturday 9.30am–2pm

**Tube** Vauxhall (then walk down Langley Lane) **Bus** 77, 360

The shop can accommodate a wheelchair user

If you are wondering where to find the perfect crusty bread, ricotta cheese, densely flavoured salamis and sophisticated red wine for a picnic in nearby Bonnington Square Garden, this is the ideal place. With over fifty kinds of dry and 15 fresh pasta varieties, including triangoloni (triangle shaped ravioli), this is also a great shop to pick up something tasty on the way home from work. In summer, you can also enjoy a coffee and custard tart in their small cafe on the pavement outside. It's easy to find this shop; look out for the numerous pots of fresh basil on the window sill.



## Lush Designs

8 College Approach, Greenwich, SE10 9HY ☎ 020 8293 5662  
[www.lushlampshades.com](http://www.lushlampshades.com)

**Open** Monday–Friday 11am–6pm, Saturday and Sunday 10am–6pm

**Tube** Cutty Sark DLR **Train** Greenwich

**Bus** 129, 177, 180, 188, 199, 286, 386

The shop is not wheelchair accessible



It's always heartening to discover another small shop selling gorgeous items not only made but also sold by the designers. This is a very British emporium of household items covered in distinctive picture-book drawings. Look out for their printed cotton bags with a mother and baby wild boar wandering through a fern and mushroom forest.



## One World Shop

St John's Church, Waterloo Road SE1 ☎ 020 7401 8909

**Open** Thursday 11am–3pm, Friday 11am–2pm, some Saturdays 11am–2pm **Tube Waterloo Bus** 1, D1, 4, 26, 68, X68, 77, 149, 168, 171, 171A, 176, 188, 381, 501, 505, 507, 521

The church and shop are wheelchair accessible

This fair trade shop inside a church is a really useful place to buy basic

drystuffs such as lentils, jam, coffee, sugar and other necessities. It is run by volunteers and, unlike large supermarkets, you're unlikely to get lost amongst the aisles. They also sell handmade cards and wooden children's toys, ideal for last-minute presents to pick up on the way home.



**SLEIGHTLET**  
 Made by Mary Holbrook  
 Slange Farm, nr. Tisbury,  
 Somerset.  
 Unpasteurised Goat's milk  
 Traditional Animal Reared  
**£6.65**

## Neal's Yard Dairy

17 Shorts Gardens, Covent Garden, WC2H 9AT ☎ 020 7240 5700  
[www.nealsyarddairy.co.uk](http://www.nealsyarddairy.co.uk)

**Open** Monday–Saturday 10am–7pm

**Tube** Covent Garden **Bus** 14, 19, 24, 29, 134, 176, 242

The small shop has limited access for wheelchair users

The wonderful smell when you enter this shop makes it very tempting to



sample everything on display. The dairy sells over 200 cheeses, mostly sourced directly from independent British producers. Some old favourites include Montgomery cheddar and the goat's milk Ticklemore. They also sell organic honey, oatcakes, artisanal olive oils and bread from Clarke's bakery.



## Konditor & Cook

10 Stoney Street, Borough, SE1 9AD ☎ 020 7633 3333  
[www.konditorandcook.com](http://www.konditorandcook.com) **Open** Monday–Thursday 7.30am–6pm,  
Friday 7.30am–7pm, Saturday 8.30am–5pm, Sunday 11am–5pm **Tube**  
London Bridge, Borough or Waterloo **Bus** RV1, 21, 35, 40, 343, 344, 381  
The narrow shop means wheelchair access is limited

Although it can get busy at lunchtimes, it's worth queueing up at Konditor

& Cook for some really delicious croissants or cakes. This is a good place to stock up for a picnic in a local park; fill your hamper with a bottle of chilled English apple juice, a punnet of salad leaves and their parmesan shortbread.



## Bumblebee

30, 32 & 33 Brecknock Road, Kentish Town, N7 0DD ☎ 020 7607 1936  
[www.bumblebeeenaturalfoods.co.uk](http://www.bumblebeeenaturalfoods.co.uk)

**Open** Monday–Wednesday 9am–6.30pm, Thursday 9am–7pm, Friday, Saturday 9am–6.30pm

**Tube** Kentish Town **Bus** 29, 253, 390, 393

The shops are wheelchair accessible

Not only is this one of the best wholefood shops in London, it's also one of the cheapest. The vegetable section is piled high with shiny organic lemons and wooden boxes of freshly picked spinach and crisp fennel. Locals come in for their morning croissant and, later on in the day, for the most delicious vegan pizzas in town. You can also get refills for nature friendly cleaning products as well as luscious blueberry cakes, gentle hand creams and even organic pet food.





## G Baldwin & Co Pharmacy

171/173 Walworth Road, SE17 1RW ☎ 020 7703 5550

[www.baldwins.co.uk](http://www.baldwins.co.uk)

**Open** Monday–Saturday 9am–6pm, except Thursday 9am–7pm, closed on bank holidays

**Tube** Elephant & Castle **Bus** 12, 35, 40, 45, 68, 148, 171, 176, 468

A ramp to access the shop is available for people with a wheelchair

This wonderful apothecary on the Walworth Road has been selling products made from herbs, flowers and other natural ingredients since 1844. In addition to their world renowned sarsaparilla they also sell their own hand creams, Weleda shampoos, and lotions for babies and mothers. If you want to shave the old-fashioned way, try their traditional bay shaving cream which comes ready wrapped in its own hand-thrown dish. The shop smells wonderful and has probably the largest selections of essential oils you can find anywhere in England, including their delicate geranium rose and pungent eucalyptus.



## Degustation

12 Coulgate Street, Brockley, SE4 2RW ☎ 0208 691 0857

[www.degustation.co.uk](http://www.degustation.co.uk)

**Open** Monday–Friday 12pm–8pm, Saturday 10am–7pm, Sunday 10am–5pm

**Tube** Cutty Sark DLR **Train** Brockley **Bus** 171, 172, 484

The shop is wheelchair accessible

Tucked away down a side street, this small delicatessen offers everything a Francophile gourmet could ever desire. Come early for their sourdough breads and saucisson or later on for a bottle of Burgundy and some glossy black olives. They have a chilled display with a wide selection of specialist French cheeses, and some rather special chocolates. This is a truly local shop with friendly staff.



## Vintage Heaven

82 Columbia Road, E2 7QB ☎ 01277 215968 or 07846 703263  
[www.vintageheaven.co.uk](http://www.vintageheaven.co.uk)

**Open** Friday by appointment, Sunday 9.30am–5.30pm

**Tube** Old Street **Bus** 8, 26, 48, 55, 388

The shop is wheelchair accessible

Although it has only been open for a few years, this wonderful shop already has an excellent reputation for its vast array of vintage crockery, ornaments, textiles, books and floral paintings. If you want to decorate your home in 1950s splendour, this is the perfect place to find entire tea sets covered in pink roses and maybe even a matching tea trolley.



## Shepherd's Bookbinders

76 Rochester Row, Pimlico, SW1P 1JU ☎ 020 7630 5323  
[www.bookbinding.co.uk](http://www.bookbinding.co.uk)

**Open** Monday–Friday 10am–6pm, Saturday 10.30am–5pm

**Tube** Pimlico **Bus** 2, 24, 36, 185, 436

The shop is small but staff are willing to accommodate a wheelchair user

One of a small chain of three specialist bookbinding stores in central London, this fascinating shop is full of beautiful objects made of Japanese, gold embossed and other exquisitely printed papers. Behind the small shop-front, specialist bookbinders and restorers work in the bindery and can also frame artworks to conservation standards. The quality of the stationery, including leather bound books, handmade desk trays and fine pencils covered in matching prints, is superlative. This is *the* place to pick up some of the most beautiful paper in London.





# Restaurants & cafes

## Coffee Cake

28 Broadway Parade, Crouch End, N8 9DB ☎ 020 8342 8989  
[www.coffee-cake.co.uk](http://www.coffee-cake.co.uk)

**Open** every day 9am–6pm

**Tube** Finsbury Park (then a bus ride) **Bus** W3, W5, W7, 41, 91

The cafe is wheelchair accessible but the toilet facilities are rather cramped

This *artisan traiteur* is one the best cafes in London, so although it's a bit further out from the centre than many other quiet places, it is well worth the 16 minute bus ride from Kings Cross. Their array of food is visually stunning, from pale pink meringues to brown crusty sourdough breads and sticky lemon cakes. Everything is cooked on the premises by owner and chef Ali Benammar and his staff, who conjure up an eclectic mix of Mediterranean and French inspired sweet and savoury dishes. Diners can eat here or order take-away meals from their deli counter. The salads are particularly recommended; try their Puy lentils with rocket, basil and goat's cheese or their beetroot, red chard with capers and red wine vinegar dressing.



## Carnevale

135 Whitecross Street, EC1Y 8JL ☎ 020 7250 3452

[www.carnevalerestaurant.co.uk](http://www.carnevalerestaurant.co.uk)

**Open** Monday–Friday 11.30am–11pm, Saturday 5.30pm–11pm

**Tube** Old Street **Bus** 4, 55, 56, 143, 243

The restaurant is small but might be able to accommodate someone with a wheelchair

This long running vegetarian restaurant demonstrates that there is still enthusiasm for meat-free, gourmet dishes served in quiet neighbourhood restaurants. The menu is inspired by Mediterranean cooking and is very varied. Six starters and seven main courses are offered most days, ranging from baked courgette stuffed with halloumi, lemon, paprika and herbs, to a chickpea, lentil and spinach curry. They also deliver a take-away menu at lunchtime – ideal for office workers nearby. With fresh food prepared to order, this is a definitely a place to savour in the middle of the city.



## Searcy's

Barbican, Level 2, Silk Street, EC2Y 8DS ☎ 020 7588 3008  
[www.searcys.co.uk](http://www.searcys.co.uk)

**Open** Monday–Sunday 12 midday–11.30pm **Tube** Barbican or Moorgate  
**Bus** 21, 43, 76, 100, 141, 153, 205, 214, 271  
The Barbican is wheelchair accessible

Most upmarket restaurants tend to be relatively quiet and Searcy's is no

exception. Although soothing music is often played in the bar, the main dining area is exceptionally quiet. It is set against an impressive backdrop and one of the pleasures of eating here is watching the light changing in the evening over the Barbican lakeside.





## Greensmiths

27 Lower Marsh, Waterloo, SE1 7RG ☎ 020 7921 2970  
[www.greensmithsfood.co.uk](http://www.greensmithsfood.co.uk)

**Open** Monday–Friday 8am–8pm, Saturday 8am–6pm

**Tube** Waterloo or Lambeth North **Bus** 1, 4, C10, 12, 26, 53, 68, 76, 148, 159, 172, 176, 188, 211

There is no wheelchair access to the cafe

Greensmiths is exactly the kind of place one would wish for on every street corner. Not only is it a wine merchants, artisan bakers, sustainable butchers, specialist cheesemongers and delicatessen, but hidden inside is a small cafe serving food from sunup to sundown – ideal for Saturday morning brunch or pre-theatre coffee and cake.



## **Tate Britain**

Millbank, London SW1P 4RG, Rex Whistler Restaurant ☎ 020 7887 8825 [www.tate.org.uk](http://www.tate.org.uk)

**Open** every day 10am–5.50pm

**Tube** Pimlico or Vauxhall **Bus** 2, 36, 87, 88, 185, 360, 436

Tate Britain is wheelchair accessible

This is one of the few museum or gallery restaurants in London that is open all day, from morning to late afternoon. Start the day with a breakfast of cured smoked salmon and scrambled eggs, followed by a leisurely lunch of ravioli filled with squash and black cabbage with purple sprouting broccoli & girolles. After wandering around the galleries, return for dinner during their ‘Late at Tate Britain’ evenings, to enjoy a gooseberry & almond pudding with elderflower sorbet. This is an exceptionally quiet place to eat and the attentive service makes it a real pleasure to dine here. If the main courses seem expensive, it’s still worth coming here for a clotted cream scone tea to see *The Expedition in Pursuit of Rare Meats*, the fascinating mural painted by Rex Whistler in the 1920s.



## Greenhouse

27 Hays Mews, Mayfair, W1J 5NY ☎ 020 7499 3331  
[www.greenhouserestaurant.co.uk](http://www.greenhouserestaurant.co.uk)

**Open** Monday–Friday lunch 12–2.30pm, dinner 6.45–11pm, Saturday dinner 6.45–11pm

**Tube** Marble Arch, Green Park or Bond Street **Bus** 2, 10, 16, 36, 73, 74, 82, 137, 148, 414, 436

The restaurant is wheelchair accessible

Under head chef Antonin Bonnet, you'll find an inventive menu at this beautifully designed restaurant in Mayfair. Their fish and meat dishes are invariably outstanding and they also have a varied vegetarian menu. Typical hors d'oeuvre might include Kabocha pumpkin Thai fragrant broth with basil followed by a black truffle risotto with shaved parmesan. Their salads are also adventurous – the rhubarb fondant with Chioggia beetroot sounds very intriguing. They are also one of the few restaurants in London to have a quiet garden, full of bamboo and other exotic plants.





### **My Dining Room**

18 Farm Lane, SW6 1PP ☎ 0207 381 3331 [www.mydiningroom.net](http://www.mydiningroom.net)  
**Open** Monday–Sunday 12pm–4pm, 6pm–11pm **Tube** Fulham Broadway  
**Bus** 14, 414, 424

The restaurant is wheelchair accessible and has a specially adapted toilet

Visiting My Dining Room is like entering three restaurants all in one

beautiful location: from the sumptuous bar area, through two large dining rooms to the outdoor terrace. The impressive menu is full of inventive dishes using seasonal ingredients. Although influenced by different world cuisines, most of their ingredients are locally sourced.



## The Cinnamon Club

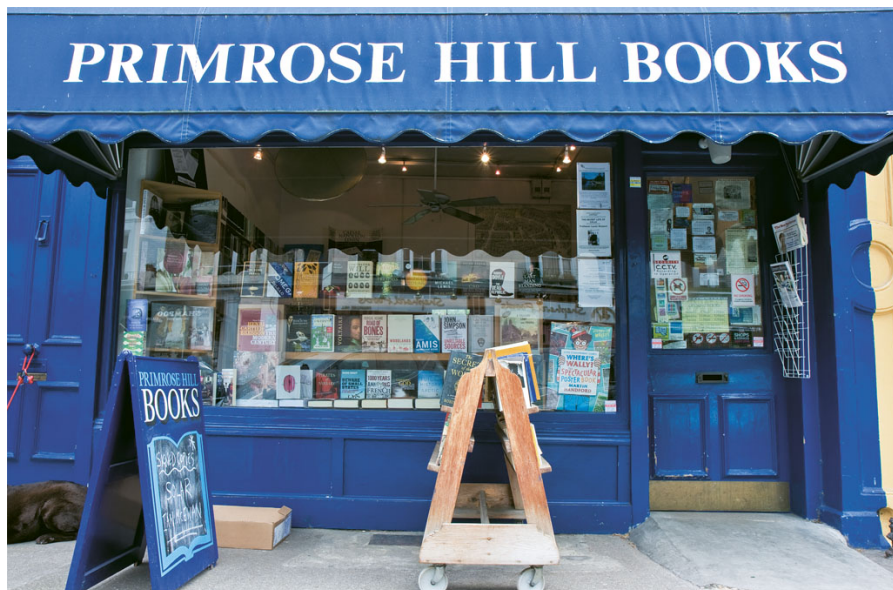
The Old Westminster Library, Great Smith Street, SW1P 3BU ☎ 020 7222 2555 [www.cinnamonclub.com](http://www.cinnamonclub.com)

**Open** weekdays 7.30am–9.30am, Monday–Saturday 12pm–2.45pm, 6pm–10.45pm **Tube** St James's Park or Westminster **Bus** 5A, C10, 24, 88, 148

The restaurant has wheelchair access

This is probably the only Indian restaurant in Britain that doesn't play music – a true rarity. Dining in this Grade II listed building is a very civilised way to appreciate some of the finest Indian inspired cooking. Music is played in the adjoining bar, but with the restaurant music free, diners are requested to be discreet when using mobile phones.





# Bookshops

## Primrose Hill Books

134 Regent's Park Road, NW1 8XL ☎ 020 7586 2022  
[www.primrosehillbooks.com](http://www.primrosehillbooks.com)

**Open** Monday–Friday 9.30am–6pm, Saturday 10am–6pm, Sunday 11am–5pm

**Tube** Chalk Farm **Bus** UL1, 24, 31, 168, 393

The bookshop is accessible for wheelchair users but the area between the shelves is rather narrow, so it may be difficult to turn round

In contrast to the very status conscious surroundings of Primrose Hill, this friendly bookshop is a civilised and welcoming place to hunt for the latest titles. Although it is a bit out of the centre, it's also worth turning up for author events and readings here, organised by the enterprising owner. In addition to an excellent fiction section you'll find a corner dedicated to children's picture books and word games.



## Judd Books

82 Marchmont Street, WC1N 1AG ☎ 020 7387 5333

[www.juddbooks.com](http://www.juddbooks.com)

**Open** Monday–Saturday 11am–7pm, Sunday 12pm–6 pm

**Tube** Russell Square or King's Cross St Pancras **Bus** 10, 30, 59, 68, 73, 90, 91, 168, 188, 205, 390, 476

The shop is crowded with books and isn't easy to get round with a wheelchair but, according to the owner, 'you can usually get in the door'.

With over 50,000 titles in stock on two floors, this is the bibliophiles dream bookshop. Located near to London University, the emphasis here is mainly on cut-price academic texts, including an excellent philosophy section downstairs. On the ground floor, you'll find literary criticism, fiction, British history and books on theatre. Search amongst the piles of boxes to find the textbook you were just looking for – or discover something unexpected in their eclectic assortment of vastly reduced titles.



### Heywood Hill Booksellers

10 Curzon St, W1J 5HH ☎ 020 7629 0647 [www.heywoodhill.com](http://www.heywoodhill.com)

**Open** Monday–Thursday 9am–7pm, Friday 9am–5.30pm, Saturday 9am–4.30pm, closed bank holiday weekends

**Tube** Green Park **Bus** 8, 9, 14, 19, 22, 38

The shop is accessible for wheelchair users, ring the door bell for the ramp to be installed

Located in upmarket Mayfair, this independent bookshop stocks not only new titles but also second hand and antiquarian books. They mainly focus on literature, history, architecture, biography and travel but also have a good selection of picture books in their children's department. Recommended titles might include the biography of the architectural historian, Nikolaus Pevsner, as well as erudite foodie titles such as *The Forgotten Skills of Cooking*. The staff is very helpful and with its elegant glass chandeliers, this is a charming place to find something special to read.



## Review Bookshop

131 Bellenden Road, Peckham, SE15 4QY ☎ 020 7639 7400  
[www.reviewbookshop.co.uk](http://www.reviewbookshop.co.uk)

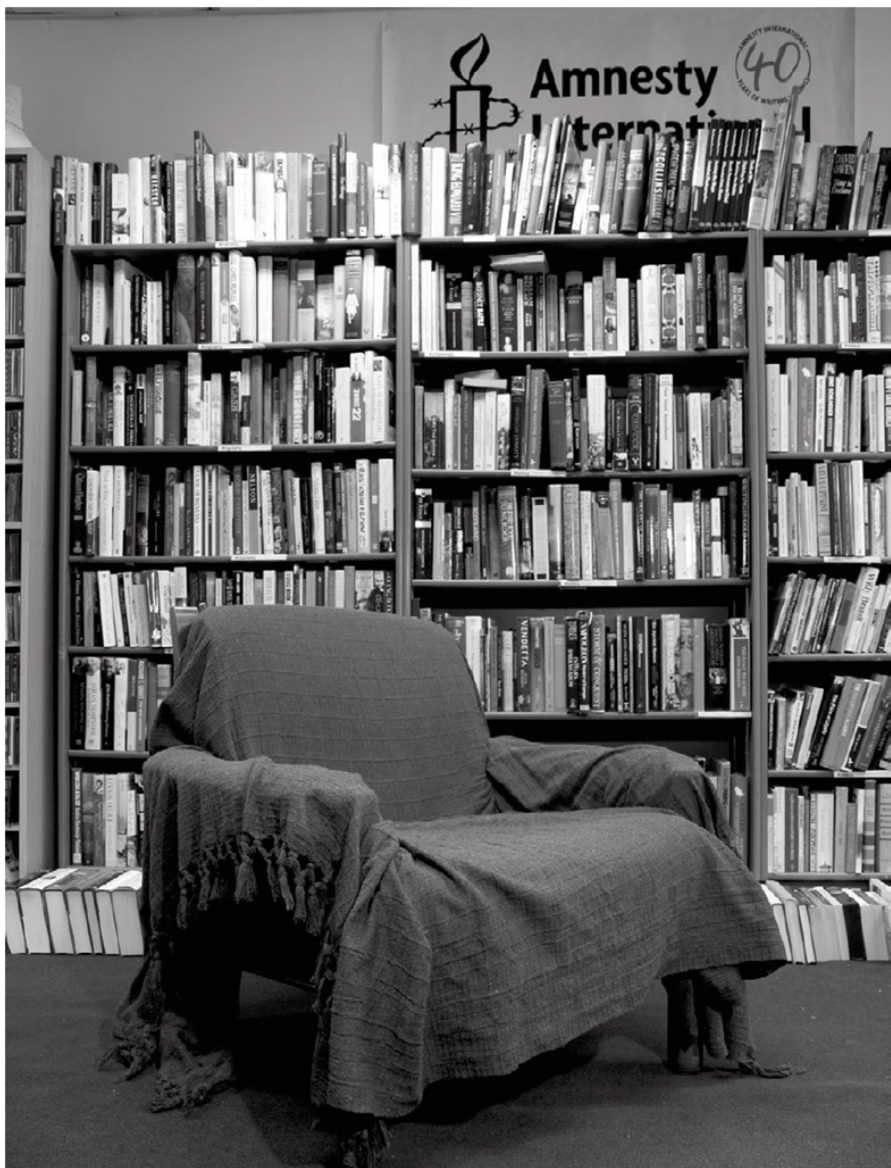
**Open** Tuesday–Saturday 10am–7pm, Sunday 11am–4pm, closed on Mondays and bank holidays (and for a few minutes when the owner's dog needs an occasional walk)

**Train** Peckham Rye **Bus** 12, P12, P13, 37, 63, 78, 197, 363

The shop and garden are both accessible for wheelchair users

Turn left out of Peckham Rye station, walk down the picturesque Holly Grove Shrubbery to find yourself on Bellenden Road, an unexpectedly nice row of small shops in a well cared for residential area of handsome 19th-century brick houses. This independent bookshop has a well-deserved reputation for not only new fiction but also for stocking a small range of literary inspired gifts such as tea towels and beautifully designed greetings cards. The inspired owner organises plant swaps and local cake competitions in the adjoining garden, as well as the Peckham Literary Festival, making this a truly local, community bookshop.





## Books for Amnesty

139b King Street, Hammersmith, W6 9JG ☎ 020 8746 3172  
[www.amnesty.org.uk](http://www.amnesty.org.uk) **Open** Monday–Saturday 10am–6pm, Sunday  
11.30am–4pm

**Tube** Hammersmith **Bus** 27, H91, 190, 266, 267, 391

The shop is accessible for wheelchair users

Not only will you find a really good selection of second-hand books here,

but you know that the funds raised will go to support Amnesty International. The shop is renowned for its biography section and prices start from £1. They also have an eclectic and wide-ranging selection of hard to find vinyl and the stock changes daily.



### **Waterstone's, Gower St Branch**

82 Gower Street, WC1E 6EQ ☎ 020 7636 1577

[www.waterstones.com](http://www.waterstones.com)

**Open** Monday, Wednesday–Friday 9.30am–8pm, Tuesday 9.45am–8pm, Saturday 9.30am–7pm, Sunday 12pm–6pm

**Tube** Tottenham Court Road **Bus** 7, 10, 14, 24, 29, 134, 390

The shop has a lift so is accessible

Unusually, this branch of the international chain has a second hand department tucked away on the first floor. This is a great place to find interesting titles not available elsewhere and knowledgeable, friendly staff can help locate hard to find items. Unlike other Waterstones branches, they never play music here and it is also worth visiting this Grade I listed building (c. 1908) for the ornate period architecture – in particular the Charles Rennie Macintosh inspired 'tulip' mahogany banisters. Unfortunately, their cafe plays background music, but the RADA cafe round the corner is a quiet alternative for lunch or a cup of tea.



### **Daunt's Bookshop**

Marylebone, 83 Marylebone High Street, W1U 4QW ☎ 020 7224 2295  
[www.dauntbooks.co.uk](http://www.dauntbooks.co.uk)

**Open** Monday–Saturday 9am–7.30pm, Sunday 11am–6pm

**Tube** Baker Street or Regent's Park **Bus** 30, 205, 453

The shop is wheelchair accessible

One of a small chain of five bookshops, the Marylebone branch is housed in an impressive Edwardian building. This is a good place to browse both popular fiction and more esoteric titles. Unusually, books are arranged by country so you will find fiction, maps, guides and non-fiction all next to each other on the same shelves. Their range of children's fiction and non-fiction at the back of the shop is also especially good. There are even William Morris prints hanging here and authors talks are frequently held throughout the year.





## Hatchards

187 Piccadilly, W1J 9LE ☎ 020 7439 9921

[www.hatchards.co.uk](http://www.hatchards.co.uk)

**Open** Monday–Saturday 9.30am–7pm, Sunday 12pm–6pm

**Tube** Piccadilly or Green Park **Bus** 9, 14, 19, 22, 38

Fully accessible by wheelchair with a passenger lift to every floor and ramps between rooms

Hatchards is a welcoming, traditional bookshop near to Fortnum and Mason, the tea emporium. This is a good place to browse on a rainy afternoon after a visit to the Royal Academy of Arts or nearby art galleries. The shop stocks a wide range of biographies and hardback titles, many of which give insights into British history and culture. This is also a good place to meet a famous author as Hatchards frequently organise book signings.



## John Sandoe Books

10 Blacklands Terrace, Chelsea, SW3 2SR ☎ 020 7589 9473  
[www.johnsandoe.com](http://www.johnsandoe.com) **Open** Monday–Saturday 9.30am–6.30pm,  
 Sunday 11pm–5pm **Tube** Sloane Square **Bus** 11, 19, 22, 211, 319  
 The ground floor is wheelchair accessible. Other floors are impassable  
 for anyone with mobility problems

This Chelsea bookshop opened in the 1950s and since then has

maintained its deservedly excellent reputation as an independent literary bookshop. You will find an eclectic array of books piled up on every available surface of this 18th-century building, making this fantastic place to wile away a winter afternoon.



## The British Library Shop

96 Euston Road, NW1 2DB ☎ 020 7412 7735 <http://shop.bl.uk> **Open**  
 Monday 10am–6pm, Tuesday 9.30am–8pm, Wednesday–Friday  
 9.30am–6pm, Saturday 9.30am–5pm, Sunday 11am–5pm **Tube** Euston  
 or King's Cross St Pancras **Bus** 10, 30, 59, 63, 73, 91, 390  
 The shop is wheelchair accessible

Not only does the British Library shop have some beautifully printed



facsimiles of first editions, it also has an excellent selection of illustrated books on London. The bookshop is a quiet haven and highly recommended for visitors to the capital and anyone interested in British writing, from the *Magna Carta* to *Alice in Wonderland*.



## Slightly Foxed

123 Gloucester Road, South Kensington, SW7 4TE ☎ 0207 370 3503  
[www.foxedbooks.com](http://www.foxedbooks.com)

**Open** Monday–Saturday 10am–7pm, Sunday 11am–5pm

**Tube** Gloucester Road **Bus** C1, 49, 70, 74, 430

Only the ground floor is accessible for wheelchair users

This welcoming bookshop is a light and airy place to browse. It is a

difficult place to leave once you are inside, and even harder to leave without a purchase. They stock mainly second hand titles in excellent condition but around a fifth of their stock is new. On the ground floor you'll find a range of travel guides and literary novels whilst on the floor below, mainly books on philosophy and gardening.



## Persephone Books

59 Lamb's Conduit Street, WC1N 3NB ☎ 0207 242 9292  
[www.persephonebooks.co.uk](http://www.persephonebooks.co.uk) **Open** Monday–Friday 10am–6pm,  
Saturday 12pm–5pm **Tube** Russell Square or Holborn **Bus** 19, 38, 45,  
46, 55, 59, 68, 91, 98, 168, 243

The shop is wheelchair accessible, albeit rather crowded

Entering this Grade II listed building is like walking into a booklined



parlour from the 18th century. This is a delightful street to wander down. Persephone is an independent company who publish out of print, unjustly ignored fiction and non-fiction titles by women. Their books are renowned for their exquisite decorated endpapers and are objects to treasure in themselves.



## Bookartbookshop

17 Pitfield Street, Shoreditch, N1 6HB ☎ 020 7608 1333

[www.bookartbookshop.com](http://www.bookartbookshop.com)

**Open** Wednesday–Friday 1pm–7pm, Saturday 12pm–6pm, closed 23 December–2 January

**Tube** Old Street or Liverpool Street **Bus** 35, 47, 55, 135, 243

The bookshop is accessible for wheelchair users

This fascinating small bookshop has one of the most eclectic and diverse selections of artists' books in London. Specialising in limited-edition titles, the Bookartbookshop is full of unusual items that you won't find anywhere else. Many of the books sold here are hand-printed with individually sewn bindings, so this is an ideal place to buy intriguing presents. You might find a screen-printed book in the shape of a concertina, full of nonchalant swimmers about to be eaten by a whale or strange photographs of mysterious German interiors taken by an indigenous photographer.



# Places to have afternoon tea

## **Lauderdale House**

Highgate Hill, Waterlow Park, Highgate, N6 5HG

 020 8348 8716 for the cafe or 020 8341 4807  
[www.lauderdalehouse.co.uk](http://www.lauderdalehouse.co.uk) or [www.waterlowpark.org.uk](http://www.waterlowpark.org.uk)

**Open** cafe open Tuesday–Sunday 9am–6pm, house open Wednesday–Friday 11am–4pm, Saturday 1.30pm–5pm, Sunday 10am–5pm

**Tube** Archway **Bus** 143, 210, 271

The cafe and gallery are accessible for wheelchair users

This delightful house was built in 1582, and is beautifully situated in Waterlow Park at the top of Highgate Hill. The small Lauderdale Restaurant (more of a cafe, really) has some really impressive views over the park and serves a good range of cakes, teas and biscuits. Sitting on the veranda, this is also a good place for a delicious lunch. You could even bring your own picnic and sit on the grass – there are 29 acres to wander round. It's also possible to download a map of a tree

walk in the park from the Camden Council website, to help you spot hornbeams, limes, holm oaks and even an intriguing strawberry tree.





### **Peter de Wit's Cafe**

21 Greenwich Church Street, Greenwich, SE10 9BJ ☎ 020 8305 0048  
[www.peterdewitscafe.co.uk](http://www.peterdewitscafe.co.uk)

**Open** Thursday, Friday 11am–6pm, Saturday, Sunday 9am–6pm

**Tube** Cutty Sark DLR **Train** Greenwich **Bus** 129, 177, 180, 188, 199, 286, 386

The cafe is wheelchair accessible

With its brightly coloured wooden chairs and innocent, dreamlike paper sculptures on the wall, this small, family run cafe is a very pleasant place to hang out. It has 24 seats indoors plus another 12 in a pretty garden and for afternoon tea they bake shortbread, scones and home-made carrot cake. On Saturday evenings a Cumberland or vegetarian sausage and mash supper is served, accompanied by live jazz, their house wine and locally brewed beer. During the day, however, this is one of the quietest places in London to get a really great cup of tea.



### **Tea and Tattle at Arthur Probsthain**

41 Great Russell Street, WC1B 3PE ☎ 020 7636 1096  
[www.apandtea.co.uk](http://www.apandtea.co.uk) **Open** Monday–Friday 9am–6.30pm, Saturday  
12pm–4pm **Tube** Tottenham Court Road **Bus** 1, 7, 8, 14, 19, 24, 25, 29,  
38, 39, 55, 98, 134, 176, 242

The cafe is not wheelchair accessible

This quiet bookshop specialising in books on Oriental and Far Eastern

artworks and culture has a small tea room in their basement. The interior design is both beautiful and intriguing. Not only do communist Chinese prints hang on the walls but wooden panels from old tea chests outside the window remind diners of the geographical and historical origins of what they're imbibing.



## London Review Cake Shop

14 Bury Place, WC1A 2JL ☎ 020 7269 9030

[www.londonreviewbookshop.co.uk](http://www.londonreviewbookshop.co.uk) **Open** Monday–Saturday 10am–6.30pm **Tube** Tottenham Court Road or Holborn

**Bus** 1, 7, 8, 19, 25, 38, 55, 98, 242

The ground floor of the shop and the cafe are accessible

Close to the British Museum, this well stocked bookshop is the ideal



place to browse literary fiction or serious, well-researched, non-fiction titles. Poetry events and readings are held throughout the year. The adjoining cafe offers delicious but affordable lunches, including salads and soups. Their ginger cake with toffee sauce is a particular favourite amongst regulars.



### **Wallace Collection Restaurant**

Hertford House, Manchester Square, W1U 3BN

☎ 020 7563 9500 [www.wallacecollection.org](http://www.wallacecollection.org)

**Open** every day 10am–5pm **Tube** Marble Arch or Bond Street **Bus** 2, 13, 82, 113, 139, 189, 274

Wheelchair access is excellent throughout the building

The Wallace collection consists of some remarkable works of art from

the 13th to the 19th centuries. The restaurant is a light filled space in the atrium, which serves lunches as well as beautifully prepared Cornish cream teas. As the Peyton and Byrne run restaurant is also a brasserie, you will also find a Francophile afternoon tea menu, with salmon tartare on French toast and delicate patisseries.



### **The Quince Tree Cafe at Clifton Nurseries**

Clifton Nurseries, 5A Clifton Villas, W9 2PH



020 7289 6851 [www.clifton.co.uk](http://www.clifton.co.uk)

**Open** Monday–Saturday 9am–6pm, Sunday 11am–5pm

**Tube** Warwick Avenue **Bus** 6, 46, 187, 414

The cafe and garden centre are wheelchair accessible

Coming here is a rare opportunity to buy plants without having to listen to



non-stop muzak. After enjoying a piece of beetroot and seed cake, stock up on burnt orange sneezeweed or Echinacea with deep pink daisy petals. Its a treat to be surrounded by a vast array of growing things.



### **Courtauld Gallery Cafe**

Courtauld Institute of Art, Somerset House, The Strand, WC2R 0RN 📞  
020 7848 2527

[www.courtauld.ac.uk](http://www.courtauld.ac.uk)

**Open** every day 10am–5.30pm, closed 25, 26 December

**Tube** Temple **Bus** 1, RV1, 3, 4, 6, 9, 11, 13, 15, 23, 26, 59, X68, 76, 87, 91, 139, 168, 171, 172, 176, 188, 243, 341, 388, 521

There is excellent wheelchair access to the cafe, included an adapted toilet and a lift

Walk down the stone spiral staircase of one of the world's most famous collections of pre-modern art to find an attractive cafe in the basement of Somerset House. Run by caterers Leafi, the food here is astounding, from their delicious Belgian chocolate and orange and lavender cakes to their tasty lemon shortbread. They also do simple lunches, including filling soups with a herb scone and smoked salmon and cucumber salad. In addition to the small dining room the cafe extends outdoors into a stone flagged courtyard, complete with umbrellas for inclement or sunny weather. When it gets a bit autumnal, they even have blankets to wrap yourself up against the cold. Surrounded by magnificent neo-classical buildings, this is an impressive location to bring visitors or friends.



## **Camden Arts Centre**

Arkwright Road, London NW3 6DG ( 020 7472 5500

[www.camdenartscentre.org](http://www.camdenartscentre.org)

**Open** Tuesday, Thursday–Sunday 10am–6pm, Wednesday 10am–9pm

**Tube** Finchley Road **Train** West Hampstead **Bus** 82, 113, 268

Camden Arts Centre is a fully accessible building, although the top part of the garden is difficult to reach as there are steps to the lawn. The centre has dedicated blue-badge parking (by prior arrangement), and a wheelchair for visitors

Renowned for being one of the best contemporary art centres in London, this is also a great place to have afternoon tea. Originally built in 1897, this former public library was converted into a light filled, spacious art gallery in the 1960s, with more recent additions in the last three years. In warmer weather you can sit outside in the garden with a cup of fresh mint tea and home-made cake, although the gallery is next to a busy main road, so it might be quieter to remain indoors. Friends and patrons receive 10% discount in the cafe and bookshop and for online browsers, free wireless internet is available here.



## **The Ragged Canteen at Beaconsfield**

22 Newport Street, Vauxhall, SE11 6AY ☎ 020 7582 6465

[www.beaconsfield.ltd.uk/cafe](http://www.beaconsfield.ltd.uk/cafe)

**Open** Wednesday–Saturday 11am–4pm, closed from around 20 December–4 January

**Tube** Vauxhall or Waterloo **Bus** 3, 77, 344, 360

The cafe and arch gallery, not the upper gallery, are wheelchair accessible, with a specially adapted toilet in the cafe

This vegetarian cafe is located in the basement of one of London's most innovative art spaces. Beaconsfield used to be the Lambeth Ragged School and the remaining girl's wing is now a large exhibition venue and a great place to see progressive art, visually exciting sound and light installations or to follow artists in residence working on site-specific projects. The cafe still retains the old stone flagged floor and also has a small outdoor seating area in the former schoolyard. Magazines, newspapers and exhibition documentation are available for anyone wishing to sit and read. The Ragged Canteen has quite delicious lemon and almond cakes, as well as fair trade teas, organic Monmouth coffee and ethically sourced, seasonal dishes cooked to order on week days. Vegan, wheat free meals are also available.





# Galleries

## **Stephen Lawrence Gallery**

Queen Anne Court, University of Greenwich, Old Royal Naval College,

Park Row, SE10 9LS ☎ 020 8331 8260

[www.stephenlawrencegallery.net](http://www.stephenlawrencegallery.net)

**Open** Monday–Friday 10am–5pm, Saturday 11am–4pm

**Tube** Cutty Sark DLR **Train** Greenwich

**Bus** 129, 177, 180, 188, 286, 386

The gallery has wheelchair access with a ramp at the entrance

Named after Stephen Lawrence, the London teenager killed in a racist attack in 1993, this small gallery close to the Thames moved to its present site in 2005. The single room art space shows a diversity of work, from innovative book designs to architecture and focuses on work by younger artists. Located in magnificent historic buildings designed by Sir Christopher Wren, it is also worth paying a visit to the nearby Queen's Banqueting Hall, another architecturally impressive building on this World Heritage Site. With its tranquil lawns outside, this is one of the most beautifully situated galleries in London.





## The Drawing Room

Tannery Arts, 12 Rich Estate, Crimscott Street, SE1 5TE ☎ 020 7394 5657

[www.drawingroom.org.uk](http://www.drawingroom.org.uk)

**Open** Tuesday–Friday 11am–6pm, open to 8pm on the last Friday of the month, Saturday 12pm–6pm

**Tube** Bermondsey, London Bridge or Borough **Bus** 1, 42, 78, 188

The gallery is wheelchair accessible

Unlike many other galleries in London, the Drawing Room is a non-profit making organisation and concentrates on showing mainly drawings by contemporary artists. Although only three to four exhibitions are held here a year, you will see consistently thoughtful, visually arresting collections of work on paper. Past shows included charcoal drawn animations, such as the wistful films by Naoyuki Tsuji and Melanie Jackson's *Urpflanze*, her intriguing grey papier-mâché seed pods inspired by microscopic specimens. The openings at their Biennial Fundraising Exhibitions (showing hundreds of drawings donated by artists), are very lively events but otherwise this is a very quiet space to look at some intelligent and engaging artwork.



## **Raven Row**

56 Artillery Lane, London, E1 7LS ☎ 020 73774300

[www.ravenrow.org](http://www.ravenrow.org)

**Open** Wednesday–Sunday 11am–6pm

**Tube** Liverpool Street, Aldgate or Aldgate East **Bus** 8, 26, 35, 42, 47, 48, 67, 78, 135, 149, 242, 344, 388

Parts of the 17th-century building are wheelchair accessible, but there is no lift

Raven Row is a new non-profit art exhibition space in Spitalfields, the district where the Hugenot silk weaving industry flourished in the 18th century. The converted house originates from 1690 and is a beautiful building in itself with its ornate stucco ceilings and cast-iron and marble fireplaces. It has also recently benefited from the addition of two additional galleries designed by London architects 6A, making this an enjoyable and stimulating place to linger on wintry days. You are likely to find work by established artists as well as images by less well-known painters and sculptors. Although there will be exhibitions of work that engage with social and economic concerns such as the video installations by Harun Farocki, other shows might be more elusive.



## Jerwood Space

171 Union Street, SE1 0LN ☎ 020 7654 0171

[www.jerwoodspace.co.uk](http://www.jerwoodspace.co.uk)

**Open** Monday–Friday 10am–5pm, Saturday, Sunday 10am–3pm

**Tube** Southwark, London Bridge or Borough **Bus** RV1, 21, 35, 40, 45, 63, 100, 133, 343, 344, 381

The building is wheelchair accessible and has an adapted toilet

The Jerwood Space galleries consist of two large rooms showing contemporary work by UK based artists with a focus on emerging talent. The programme covers a range of visual arts disciplines from drawing, painting, sculpture and applied arts to photography and the moving image. In a previous show, Sara Brennan's subtle tapestries appeared to capture the changing weather in subdued, yet dramatic stitched landscapes. To the right of the entrance there is a cafe with a soothing water fountain bubbling up from a granite stone in the glasshouse.



## Siobhan Davies Studio

85 St George's Road, SE1 6ER ☎ 020 7091 9650

[www.siobhandavies.com](http://www.siobhandavies.com)

**Open** Monday–Thursday 10am–8pm, Friday, Saturday 10am–5pm,  
Sunday 10am–2pm, subject to change

**Tube** Elephant & Castle or Lambeth North **Bus** C10, 12, 45, 68, 148,  
155, 344, 360, 363, 453, 468 and others

The entire building is accessible for wheelchair users and people with a disability are welcome to join in classes

The Siobhan Davies Studio opened in 2006 after a former school building was transformed by architect Sarah Wigglesworth into a home for contemporary dance company Siobhan Davies Dance. Not only will you find some of the best studio spaces for rehearsals and performances here, but the centre is gathering a reputation for showing some stunning contemporary artworks, such as site specific ceramics by students from the Royal College of Art. In addition, there is a small room for reflexology and other complementary health treatments and a quiet parlour with comfortable sofas on the ground floor. Where else can you join in a pilates class, see some exciting artworks and have a massage all in one astonishing building?



### **Danielle Arnaud Gallery**

123 Kennington Road, SE11 6SF ☎ 020 7735 8292  
[www.daniellearnaud.com](http://www.daniellearnaud.com)

**Open** Friday–Sunday 2pm–6pm or by appointment

**Tube** Lambeth North **Bus** 3, 59, 159, 360

The gallery is not wheelchair accessible

This sophisticated gallery is one of the few commercial art spaces south of the river and it's well worth making the trip to see work by emerging and established artists in this beautiful exhibition space. Paulette Phillips' intriguing installation about the artist Eileen Gray's former home and abandoned modernist architecture (pictured) invited consideration of the passage of time.





## **South London Gallery**

65 Peckham Road, Camberwell, SE5 8UH ☎ 020 770 36120  
[www.southlondongallery.org](http://www.southlondongallery.org)

**Open** Tuesday–Sunday 11am–6pm except Wednesday 11am–9pm

**Train** Peckham Rye

**Bus** 12, 36, 42, 78, 171

The entire building is wheelchair accessible

This large gallery south of the River Thames used to be the South London Working Men's College and a thriving library. Although it maintains its 19th-century origins, in 2010 the building was extended and improved by architects 6A and now shows mainly conceptual work by international artists, many of whom have exhibited at the Venice Biennale. In the past Tracey Emin and Christian Boltanski have shown here, but today you are more likely to see experimental paintings by up-and-coming artists such as Ellen Gallagher or site-specific installations from South American Alfredo Jaar.

There is a nice cafe at the front of the building for lunches and afternoon tea.



## **Chisenhale Gallery**

64 Chisenhale Road, London, E3 5QZ ( 020 8981 4518

[www.chisenhale.org.uk](http://www.chisenhale.org.uk)

**Open** Wednesday–Sunday 1pm–6pm. During exhibitions, the gallery is also open on the first Thursday of each month until 9pm **Tube** Bethnal Green or Mile End **Bus** D6, 8, 277, 339, 425

The gallery is wheelchair accessible

Located near to Victoria Park in Hackney, this large, single-roomed exhibition space is a stimulating place to discover both up-and-coming and internationally renowned artists. Even the journey there is peaceful, walking past small, neat terraced Victorian houses close to Mile End Park. The thought-provoking shows are accompanied by engaging series of talks and the occasional evening of films selected by exhibiting artists. Previous exhibitions have included work by Jaki Irvine, whose video portraits of endangered birds learning to fly become poignant reminders of the vulnerability of human endeavour. After visiting the gallery, you could spend an afternoon walking along the banks of the nearby Hereford Union Canal.



## **Parasol unit**

14 Wharf Road, N1 7RW ☎ 020 7490 7373

[www.parasol-unit.org](http://www.parasol-unit.org)

**Open** Tuesday–Saturday 10am–6pm, Sunday 12pm–5pm, first Thursday of every month until 9pm

**Tube** Old Street or Angel **Bus** 4, 43, 205, 214, 394

The gallery is wheelchair accessible

Thoughtfully located in a quiet back street on the edge of the city, this architecturally interesting art space shows beautiful, powerful and thought-provoking work by internationally renowned artists. Unlike some of the central London galleries, however, it doesn't feel as if you are walking into a shop of very expensive visual artefacts. Instead, the exhibitions are as important and coherent as those seen in the busy Tate Modern. In the past, Lebanese artist Mona Hatoum showed her arresting sculptures concerned with abuses of power here but more traditional media such as painting has also been shown, including Cecily Brown's energetic, sensual, semi-abstract oils on linen.



**Marsden Woo Gallery**

17–18 Great Sutton Street, EC1V 0DN



020 7336 6396



[www.marsdenwoo.com](http://www.marsdenwoo.com)

**Open** Tuesday–Friday 11am–6pm, Saturday 11am–4pm or by appointment

**Tube** Farringdon or Barbican **Bus** 4, 55, 153, 234

The ground floor, not the basement, has wheelchair access

Marsden Woo is one of a few galleries in London to specialise in showing contemporary applied art. They organise a varied and exciting programme of solo and small group exhibitions by gallery artists. Downstairs is The Marsden Woo Project Space, a new initiative, where innovative work is shown in more spontaneously arranged exhibitions.

## Kings Place Gallery

90 York Way, N1 9AG  020 7520 1485

[www.kingsplace.co.uk](http://www.kingsplace.co.uk)

**Open** Tuesday–Friday 10am–6pm, Saturday, Sunday 12pm–6pm,  
closed on bank holidays

**Tube** King's Cross St Pancras **Bus** 10, 17, 59, 63, 91, 259, 390

The entire building is wheelchair accessible

This large, very modern exhibition space is exceptionally quiet, partly because it's not at street level so some visitors to the Kings Place Arts Centre may not be aware of its existence. After viewing the gallery, have a drink on the Rotunda Cafe terrace, one of the few places in London to have a drink overlooking two waterways; Battlebridge Basin and the Regent's Canal. As music is played indoors, sit on the quieter terrace to enjoy the view of narrow boats and slowly gliding swans. You could also wander along the brick laid patio by the water's edge to discover figurative sculptures by artists such as Lynn Chadwick and Elizabeth Frink.



# Pubs and wine bars

## The Grenadier

Wilton Row, SW1X 7NR ☎ 020 7235 3074

**Open** Monday–Saturday 12pm–11pm

**Tube** Hyde Park Corner **Bus** 2, 9, 10, 14, 16, 19, 22, 36, 52, 73, 74, 137, 148, 414, 436

The pub doesn't have an adapted toilet for wheelchair users but patrons with a disability can sit out the front in warm weather to avoid the steep steps at the entrance

Fittingly, for a pub that used to be the hangout for the Grenadier Guardsmen, one of the real ales available here is the Wells Bombardier. The mounting stone used by the Duke of Wellington and his men still stands outside the pub, and you can even get the patriotically named Beef Wellington on the menu. It is advisable to dress more formally here than in other bars, and those of a pacifist nature might have to spend their time here admiring the unusual pewter bar top, as the walls are covered in military paraphernalia. Not only do they have no piped music, no TV and no jukebox but mobile phones cannot be used in the pub.



### **The Dove, Hammersmith**

19 Upper Mall, Hammersmith, W6 9TA ☎ 020 8748 9474  
[www.dovehammersmith.co.uk](http://www.dovehammersmith.co.uk)

**Open** Monday–Saturday 11am–11pm, Sunday 12pm–10:30pm, food usually served from 12pm

**Tube** Ravenscourt Park or Stamford Brook **Bus** 27, H91, 190, 267, 391 then walk down Beavor Lane, cross the Great West Road by subway and when you get to Upper Mall, turn right

Four tables at the front of the pub are accessible but there is no disabled toilet

Owned by independent brewers Fullers, this historic pub has a deservedly high reputation and is a rather special place to have a drink. With its ivy-covered brick walls, it's easy to imagine you are far from central London as the Dove retains the atmosphere of a countryside rustic inn. From the terrace there are lovely views over the Thames, although it's wise to not visit during the Oxford and Cambridge boat race if you want to avoid the crowds.





### **Fox and Pheasant**

1 Billing Road, SW10 9UJ ☎ 020 7352 2943

**Open** Monday–Saturday 11am–11pm, Sunday 12pm–11:30pm, kitchen open Monday–Friday 12pm–2.30pm

**Tube** Fulham Broadway **Bus** C3, 14, 211, 414

The pub has very limited access for wheelchair users

With an abundance of bright pink and red blossoms tumbling out of



hanging baskets outside, it's easy to spot this lovely pub in a quiet backstreet. They even have a small garden with wooden tables and benches at the back, making this the perfect hidden spot to sample a few real ales. If you prefer simple, unadorned interiors and an unpretentious atmosphere, this is the ideal location.



## Richard I

52-54 Royal Hill, Greenwich, SE10 8RT ☎ 020 8692 2996  
[www.richardthefirst.co.uk](http://www.richardthefirst.co.uk)

**Open** Monday–Saturday 11am–11pm, Sunday 12pm–10.30pm **Train**  
Greenwich **Bus** 53, 177, 186, 199, 386  
There is disabled access to the bar

Royal Hill is a pleasant, friendly street with traditional shops, including a

fishmongers, a grocery, a second hand bookshop and a pretty cafe / florists. There are also two pubs, one of which is a microbrewery which plays music and the other is the Richard I, locally known as the Tolly. In addition to Youngs beers the pub serves a range of burgers and has a small garden at the rear for al fresco dining.



## **Fox and Hounds**

29 Passmore Street (corner of Graham Terrace), Chelsea, SW1W 8HR

☎ 020 7730 6367 [www.youngstenancies.com](http://www.youngstenancies.com)

**Open** Monday–Sunday 12pm–11pm, kitchen open Monday–Sunday 12.30pm–2.30pm

**Tube** Sloane Square **Bus** C1, 11, 19, 137, 211, 360, 452

There is a small step into the building, and toilet entrance

This small pub is tucked away in a terrace of former artisan's dwellings in what has become a very prosperous part of town. This is an ideal area for an urban walk – ending up in this pretty pub for a pint or two. Other than the sound of people talking, the only noise you'll hear is the discreet pulling of pints and a ticking clock.





## Grapeshots

2–3 Artillery Passage, E1 7LJ ☎ 020 7247 8215 [www.davy.co.uk](http://www.davy.co.uk) **Open**  
Monday–Tuesday 10am–9pm, Wednesday–Friday 10am–11pm **Tube**  
Liverpool Street

**Bus** 8, 26, 35, 42, 47, 48, 67, 78, 135, 149, 242, 344, 388

There are no toilet facilities for wheelchair users

Walking down Artillery Passage to this small, old-fashioned wine bar

feels like going back in time and this a good place to sample a traditional English menu. Their cheeseboard includes not only stilton and cheddar but also perl wen (a Welsh brie), and a delicious Shropshire blue. For a more hearty lunch try their Cumberland sausages or fish and chips followed by treacle tart.



## Anglesea Arms

15 Selwood Terrace, South Kensington ☎ 020 7373 7960

[www.capitalpubcompany.com/the-anglesea-arms](http://www.capitalpubcompany.com/the-anglesea-arms)

**Open** Monday–Saturday 11am–11pm, Sunday 12pm–10:30pm, over 21s only admitted

**Tube** South Kensington **Bus** C1, 14, 211, 345, 414

The downstairs toilets are not accessible for wheelchair users

This welcoming pub might look fashionably old-fashioned, but its beer purchasing policies are decidedly contemporary and progressive. There is a wide selection to choose from, both on tap and bottled: you might find Adnam's Bitter, London Pride, Twickenham Sundancer, the unusually titled Hogsback Tea, and Brakspear's Oxford Gold. With its eclectic selection of wooden chairs, bare floor and attractive dining room, this is a great place to meet up with friends. One nice touch is the magazines available for people to read, a quiet alternative to the unpredictable delights of the (happily non-existent) jukebox.



## Museum Tavern

49 Great Russell Street, WC1B 3BA, opposite the British Museum ☎  
020 7242 8987

**Open** Monday–Thursday 11am–11.30pm, Friday, Saturday 11am–12 midnight, Sunday 10am–10pm

**Tube** Tottenham Court Road **Bus** 1, 7, 8, 14, 19, 24, 25, 29, 38, 55, 98, 134, 176, 242

There is wheelchair access to the ground floor but not the basement toilets

Although it isn't the most intimate venue, the Museum Tavern still doesn't play piped music so this remains a great place to debate the issues of the day whilst enjoying a typical English pint. Designed by the 19th-century architect William Finch Hill, many of the carved wooden fittings and stained glass leadings are still intact, so this is a good place to discover traditional pub decor from a previous era. Located in the middle of Bloomsbury, the pub was frequented by Karl Marx and other distinguished writers who'd often come here after a day's research in the British Library. Patrons can order traditional bar food as well as specialist beers such as Theakston's Old Peculiar and Tim Taylor's Landlord.





## The Lamb

94 Lamb's Conduit Street, WC1N 3LZ ☎ 020 7405 0713

**Open** Monday–Wednesday 12pm–11pm, Thursday–Friday 12pm–12am,  
Sunday 12pm–10.30pm **Tube** Russell Square or Holborn **Bus** 17, 19,  
38, 45, 46, 55, 243

Wheelchair access is limited

This Victorian pub is situated in a street of bookshops and other enticing



small businesses. It's easy to spot as the exterior walls are covered in shiny green 19th-century tiles. Inside, etched glass panels offer privacy to customers at the bar. With its comfortable leather sofas and frequently changing guest ales, this is a great place to spend a couple of hours.



## The Old Mitre

Ely Court, Hatton Garden, EC1N 6SJ ☎ 020 7405 4751  
**Open** Monday–Friday 11am–11pm **Tube** Farringdon or Chancery Lane  
**Bus** 17, 18, 25, 45, 46, 52, 63, 243, 341  
Wheelchair access is limited

Tucked away down a back alley, there has been a pub on this site since 1546, a time of religious upheaval in Britain. In fact, the pub was built by

a bishop and in the parlour, look out for the inscription on the ancient trunk of a cherry tree, used in the 16th century to mark the boundary between his and Sir Christopher Hatton's gardens. On sunny days, tables are set out in the yard, especially when the interior gets a bit crowded around lunchtime.



# Hotels and places to stay

## **The Penn Club**

21 Bedford Place, WCB 5JJ ☎ 020 7636 4718  
[www.pennclub.co.uk](http://www.pennclub.co.uk)

**Tube** Holborn or Russell Square

**Bus** 1, 7, 19, 25, 38, 55, 59, 68, 91, 168, 188

There is one room on the ground floor for guests with limited mobility.

The Penn Club has no lift

Owned by Quakers, this handsome three storey 18th-century building partly overlooks Bloomsbury Square. It's exceptionally quiet as there are no televisions in the bedrooms and mobile phones cannot be used in the dining room until 10am. The cost of an overnight stay includes a generous breakfast for guests, either a cooked meal or fresh fruit salad and yoghurt. The Penn Club also has two well-stocked reading rooms with books, newspapers and magazines for guests to borrow. Members can book one of the even quieter rooms overlooking the beautiful garden to the rear.



## Hazlitt's

6 Frith Street, W1D 3JA ☎ 020 7434 1771  
[www.hazlittshotel.com](http://www.hazlittshotel.com)

**Tube** Tottenham Court Road or Leicester Square **Bus** 7, 8, 10, 14, 19, 24, 25, 29, 38, 98, 134, 176, 242, 390

The hotel can accommodate guests with a wheelchair

This beautiful small hotel was converted from a row of 18th-century houses, and is renowned for its historic, period rooms and refined atmosphere. Located just off Soho Square, but not within earshot of any busy thoroughfare, this quiet, central London hotel is a very civilised place to stay. Many famous writers stay here, donating a copy of their latest first edition to the hotel's small library. Instead of anonymous chains, here you will find hospitable service in a beautifully restored building full of antiques and eighteenth century oil paintings.





## 40 Winks

109 Mile End Rd, E1 4UJ ☎ 020 7790 0259  
[www.40winks.org](http://www.40winks.org)

**Tube** Stepney Green **Bus** 25, 205, 309, 339

Wheelchair access to the house is very difficult as there are high steps into the building and four floors without a lift

This gorgeous Queen Anne house was built in 1717 and in the last few years has undergone a transformation. After being bought by the renowned interior designer David Carter, this elegant home was filled with a combination of antique furniture and beautiful contemporary pieces that make this a unique place to stay. You might find you share the house with a fashion designer or model, but with only three bedrooms for guests, it will never feel crowded. There are no televisions in the rooms, making this a civilised location for the discerning traveller. Try to book one of the single rooms at the rear of the house which are quieter than the double room overlooking the main road.



## Draycott Hotel

26 Cadogan Gardens, SW3 2RP ☎ 020 7730 6466  
[www.draycotthotel.com](http://www.draycotthotel.com)

**Tube** Sloane Square or Knightsbridge **Bus** 11, 19, 22, 137, 170, 211, 319, 360

The lift is too small for a wheelchair but the hotel tries to accommodate guests in their ground floor rooms

This gorgeous 5 star hotel overlooks a private garden just behind Sloane Square. Each large room or suite is named after a famous actor, and the impeccable service makes the Draycott feel very welcoming. In addition to the spacious drawing room, with its coal fire and comfortable sofas, there is also a small library with a Joshua Reynold's portrait hanging above the fireplace. It may lie in the middle of London but the Draycott has the relaxed atmosphere of a country hotel, making this a very desirable location to stay overnight.



## Durrants Hotel

26-32 George Street, Marylebone, W1H 5BJ ☎ 020 7935 8131  
[www.durrantshotel.co.uk](http://www.durrantshotel.co.uk)

**Tube** Bond Street **Bus** 2, 13, 30, 74, 82, 113, 139, 189, 274

The hotel has a ramp and a lift but no specially adapted bedrooms

This independently owned hotel is ideally situated near to the West End, so is perfect for both shopping and visits to museums. The building is a characteristic Georgian townhouse and is full of 18th-century antiques which give a calm atmosphere to this typically English hotel. The George Bar has a real fire in winter, making this a very cosy and welcoming location in the middle of the city. There is even a small, quiet sitting-room with plaid covered sofas for guests to take afternoon tea.





## Number 16

St Alfege Passage, Greenwich, SE10 9JS ☎ 020 8853 4337  
[www.st-alfeges.co.uk](http://www.st-alfeges.co.uk)

**Tube** Cutty Sark DLR **Bus** 129, 177, 180, 188, 199, 286, 386  
Wheelchair access is not possible upstairs

This three bedroom B&B is one of the few quiet places to stay south of the Thames. All the rooms have their own distinctive characteristics; the



room with blue *toile de jouy* wallpaper comes with its own four-poster bed and walk-in shower room, the light filled yellow room has a nice view of St Alfege's Church and the green room is ideal for one person. At the front is a delightful garden and the house is full of antiques and curios.



## **Goodenough Club**

23 Mecklenburgh Square, Bloomsbury, WC1N 2AD

 020 7769 4727 [www.club.goodenough.ac.uk](http://www.club.goodenough.ac.uk)

**Tube** Russell Square **Bus** 17, 45, 46

A limited number of rooms have wheelchair access

This beautiful Grade II listed building overlooks Mecklenburgh Square, a private garden full of huge plane trees in elegant Bloomsbury. Located in

a little-known university college, the Club has around 60 guest rooms for visitors. Goodenough College is a centre for international postgraduate students, making this a cultured location to enjoy inner city hospitality. There are two acres of grounds including a tennis court.

# Endnote

1. In the last 10 years there has been an increase of 300,000 people in inner London and 500,000 in Greater London. (source: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk))

# Copyright

Frances Lincoln Limited  
74–77 White Lion Street  
London N1 9PF  
[www.franceslincoln.com](http://www.franceslincoln.com)

## *Quiet London*

Copyright © Frances Lincoln Limited 2011

Text and photographs copyright © Siobhan Wall 2011 [here](#) artwork copyright Shimara Carlow; [here](#) photograph by Maria Charalambous; [here](#) artwork copyright Inspection Medical Hermeneutics, Klinger's Boxes Cold Reduction 1991; [here](#) artwork copyright Paulette Phillips and Danielle Arnaud; [here](#) clockwise from top centre, artwork copyright Philip Eglin, Gordon Baldwin, Ewen Henderson, Gordon Baldwin, Kerry Jameson, Gillian Lowndes and (centre) Robert Marsden

First Frances Lincoln edition 2011

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the publisher or a licence permitting restricted copying. In the United Kingdom such licences are issued by the Copyright Licensing Agency, Saffron House, 6–10 Kirby Street, London EC1N 8TS.

A catalogue record for this book is available from the British Library.

978-0-7112-3190-0

ePub ISBN 978-1-7810-1189-8

eBook conversion by CPI Group

Cover Anglesea Arms; Back cover Clifton Nurseries; [here](#) Auricula Theatre, Geffrye Museum Period Gardens; [here](#) Kensington Roof Gardens; [here](#) The Ragged Canteen at Beaconsfield; [here](#) Leighton House Museum; [here](#) Salters' Garden; [here](#) London Wetlands Centre; [here](#) The Grenadier